



NOVEMBER

AMERICAN DIABETES MONTH

Diabetes is a disease that occurs when your blood glucose, (i.e. blood sugar,) is too high. When not managed properly, diabetes can have serious side effects, including damage to the eyes, kidneys, nerves, and heart. Additionally, diabetes is associated with an increased risk of developing certain types of cancer, including liver and pancreatic cancer.

Types of Diabetes:

- **Type 1:** Occurs when the pancreas produces little or no insulin. It is often diagnosed in children or young adults.
- **Type 2:** Occurs when the body does not use insulin properly or does not produce enough insulin. It is often associated with being overweight and physically inactive.
- **Pre-diabetes:** Occurs because blood sugar levels are higher than normal, but not high enough for a diabetes diagnosis
- **Gestational Diabetes:** Occurs during pregnancy and increases future diabetes risk for the mother

Tips to help you manage or prevent Diabetes:

- **Maintain a healthy weight:** Losing even 5-7% of your body weight can significantly lower your risk of developing type 2 diabetes
- **Stay active:** Aim for at least 30 minutes of moderate physical activity daily, such as brisk walking, to help regulate blood sugar levels
- **Eat a healthy diet:** Focus on whole grains, lean proteins, vegetables, and healthy fats while limiting sugary drinks and refined carbs to keep blood sugar stable
- **Get regular check-ups:** Monitor your blood sugar, blood pressure, and cholesterol levels, especially if you have risk factors such as family history or prediabetes

Livongo – Diabetes Management Program

EMR has partnered with Livongo, a digital diabetes management company, to help you better manage your diabetes. If you have diabetes and medical coverage through EMR, you may be eligible to participate in this program at no cost.

Livongo Benefits:

- **Unlimited Strips at No Cost:** Supplies are shipped directly to your door when you are running low
- **Connected Meter:** Your blood glucose readings are automatically uploaded to your secure online account, and you receive real-time personalized tips
- **Support from Coaches:** Access expert advice on nutrition and lifestyle changes at any time

Scan the QR code to register, call
800-945-4355, or download the app. Use
registration code: **EMRUSA**.



American Diabetes Association: **800.DIABETES (342.2383)**
www.diabetes.org

**National Institute of Diabetes and Digestive and Kidney Diseases
(NIDDK):** www.niddk.nih.gov.

Sources:

- https://healthylearn.com/connerstrong/hc/diabetes.html#diabetes_types