

Diabetes Awareness

A GUIDE FOR NYCDCC MEMBERS

What is Diabetes?

Diabetes is a disease in which your blood glucose levels are above normal. When you eat, your body breaks food down into sugar (glucose) and releases it into your bloodstream. Insulin is generated by your pancreas and helps the blood sugar enter your body's cells to use for energy.

What Are the Two Main Types of Diabetes?

Type 1 Diabetes is when your pancreas doesn't make enough insulin. Those with type 1 diabetes need to take insulin daily. Only 5-10% of people with diabetes have type 1 diabetes, and it is often diagnosed at a young age. Currently, type 1 diabetes is not preventable, but the disease can be managed.

Type 2 Diabetes is when your body is exposed to too much blood sugar, and your cells become resistant to insulin. As a result, your blood sugar remains at a high level, which can lead to health complications such as heart disease, vision loss, and kidney disease.

Prediabetes is when your body has higher than normal blood sugar levels, but not high enough for a type 2 diabetes diagnosis. **More than 1 of 3 American adults are prediabetic and at risk of developing type 2 diabetes.**

Symptoms & Complications

Some symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Numb or tingling hands and feet
- Excessive tiredness
- Nausea, vomiting, or stomach pain

More serious health complications include:

- Heart disease
- Blindness
- Kidney failure
- Lower-extremity amputations

Diabetes Risk Factors

You may be at higher risk of diabetes and prediabetes if you:

- Have a family history of type 2 diabetes
- Are over age 45
- Are overweight
- Have high blood pressure
- Are a Black, Hispanic/Latino, Asian-American, or Native American person
- Had diabetes while pregnant

Preventing Type 2 Diabetes

You can lower your risk of type 2 diabetes with lifestyle changes such as:

- Losing weight with a nutrition plan
- Quitting smoking
- Exercising and increasing your physical movement



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BENEFIT FUNDS

Learn more about diabetes prevention, management, screening, and utilizing your NYCDCC benefits. →

Getting Screened for Diabetes

Whether or not you have risk factors and symptoms, you can ask your doctor about getting screened for diabetes and prediabetes. Blood tests are a quick and effective way to catch prediabetes early.

Managing Your Diabetes

If you have diabetes, managing your blood sugar is part of your daily schedule. How often you check your blood sugar depends on the type of diabetes you have and if you take any diabetes medicines.

For Active Members and non-Medicare eligible participants covered under the NYCDCC Welfare Fund, those diagnosed with diabetes are eligible for Medically Necessary Durable Medical Equipment (DME). Independence Administrators (IA) and their team of Registered Nurse Health Coaches provide free and confidential case management, and can work with you and your providers for necessary services and diabetes supplies.

To speak with a Registered Nurse Health Coach, call (888) 234-2393, option 6.

You can learn more about IA's Case Management services here:

<https://nyccbf.org/meeting-your-chronic-illness-needs-with-case-management-provided-by-independence-administrators/>

For Medicare-Eligible Retirees covered under the NYCDCC Welfare Fund,

UnitedHealthcare ("UHC") provides coverage for diabetes glucose meters and testing strips under the Preferred Diabetic Supply Program. The program provides many OneTouch® and Accu-Chek® items at a \$0 cost share to Medicare-Eligible Retirees. If you are using another brand and would like to switch to one of the preferred brands, you may be required to get a new prescription from your doctor.

For a complete list of approved supplies, UHC's Preferred Diabetic Supply Program, and more information, you can contact UHC at (888) 736-7441 or via their website at www.UHCretiree.com



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