



What Goes Up Can Come Down

Could you have prediabetes? Having prediabetes means that your blood sugar levels are higher than normal, but they are not yet high enough to be Type 2 diabetes. According to the American Diabetes Association, 70 percent of people with the disease will progress to full-blown diabetes if it's untreated.

Hearing that you have prediabetes can be hard, but it's also a chance to prevent or delay diabetes. Prediabetes can often be reversed. You can return your blood sugar levels to a normal range with simple lifestyle changes.

About 84 million American adults have prediabetes. Ninety percent of them don't know they have it. That's because prediabetes typically has no symptoms and often goes undetected. However, there are several simple blood tests that can show if you have the disease, including the A1C test.

Risk factors for prediabetes include:

- Being 45 years or older.
- Being overweight.
- Having a close relative with Type 2 diabetes.
- Being physically active fewer than three times a week.
- Having had gestational diabetes.

If you do have prediabetes, you can prevent or delay the onset of Type 2 diabetes. The Centers for Disease Control and Prevention (CDC) suggests watching your weight, getting active and eating a healthy diet. Making small changes to your daily routine can make a big difference.

Manage your weight.

Losing a small amount of weight can help reduce your risk of diabetes. The CDC suggests losing 5 – 7 percent of your body weight, which is 10 – 14 pounds for a 200-pound person.

Don't do it alone. Friends, family members or coworkers can provide you with a support system. Lifestyle changes are long-term changes, and having people cheering you on can help you stick with them.

Get active.

Routine exercise can help you lose weight and control blood sugar levels. The CDC suggests getting at least 150 minutes of exercise a week. That's 30 minutes a day, five days a week. Remember to check with your doctor first before starting any exercise program:

- If you haven't been getting routine exercise, start with 5 – 10 minutes a day. Over time, you can slowly build up to 30 minutes.
- Aim to get active doing things you enjoy, whether that's working in your yard, playing sports with friends, swimming laps or taking your dog for a walk.
- Schedule time for exercise. Make an exercise plan and stick with it.

Continued





Eat a healthy diet.

It can be hard to make big changes to your diet all at once. Start small and add changes over time. Talk to your doctor about what changes are right for you:

- Forget frying. Try roasting, broiling, grilling, steaming and baking instead.
- Cut out drinks with added sugar, such as soda and fruit juice.
- Keep a food journal to keep track of what you're eating. It can help you spot bad habits.
- Take some time to plan meals each week. You might swap an unhealthy meal for a healthy one. For instance, you might choose brown rice instead of white rice or a quick salad instead of a fast-food meal.
- Focus on produce, whole grains and lean protein, such as chicken and fish.

My Diabetes Discount Program

[My Diabetes Discount Program](#) lets members get insulin with a \$0 copayment when they meet program requirements.

To qualify for the \$0 insulin copayment, members must meet both of these criteria:

- Have a Type 1 or Type 2 diabetes diagnosis
- Actively be on insulin therapy

If the members meet these qualifications, eligibility requirements for the \$0 copayment are as follows:

- Primary care physician visit (annually)
- Comprehensive metabolic panel (annually)
- Hemoglobin A1C (semiannually)
- Diabetes risk factor assessment of feet and eyes (annually)
- Flu vaccine (annually)
- Diabetes education*

We assess requirements each quarter. The \$0 insulin copayment will begin the quarter after the member completes all requirements. These requirements must be maintained on an annual basis to continuously receive discounted benefits. The \$0 copayment is available for one year from the start date of the benefit, such as April 1, 2025, through March 31, 2026. It can be hard to make lifestyle changes last, but staying driven and on course can help stop Type 2 diabetes.

**For members under the age of 18, the parent/guardian must meet the diabetes education requirement.*

The American Diabetes Association and the Centers for Disease Control and Prevention are independent organizations that provide health information you may find useful.

