

## **Living with diabetes**

If you're living with diabetes, you're not alone. Healthy Blue wants you to know you can take control. We know you want to have more energy, lower your risk of complications and improve your quality of life. Whatever your goals, make small changes to help achieve them.

Diabetes is a disease. It occurs when the body develops high blood glucose because it does not make or use insulin properly. Insulin is a hormone that changes glucose into energy needed for daily life. Blood glucose is another term for blood sugar.

### **Things to know:**

- Insulin changes sugar into energy
- Blood glucose = Blood sugar

There are several types of diabetes. Studies show family history and ways of life contribute. The exact cause of diabetes is unknown. However, Diabetes can occur in people of all ages and races. There is more than one type of diabetes. Diabetes can affect your body from head to toe. That is why it is so important to learn how to manage your diabetes.

We have a case management program. If you have diabetes, a case manager can work with you by phone. They will help you set goals and create a care plan. You will learn to take small steps toward better health. Get past the things that may be getting in your way. Your case manager can help you:

- Set up a doctor's appointment.
- Identify health goals and create a care plan.
- Obtain and use a glucometer.
- Find information about diabetes education programs in your area.
- Arrange for transportation or other special needs.
- Learn about diabetes.

### **Sources:**

American Diabetes Association [www.diabetes.org](http://www.diabetes.org)

Diabetes Health [www.diabeteshealth.com/](http://www.diabeteshealth.com/)

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

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