

Information About Type 2 Diabetes

Diabetes means there is too much sugar in the blood. The blood always has some sugar in it, because the body uses sugar for energy. But too much sugar in the blood is not healthy.

Did you know ?

- **The body makes insulin.**

Insulin is important because it helps move sugar from the blood into the cells for energy.

- **There are different types of diabetes. Type 2 diabetes is the most common.**

Type 2 diabetes happens when the body does not use insulin well and does not make enough insulin. This leads to high blood sugar.

Symptoms of High Blood Sugar

Symptoms can be severe or mild. Some people may not have any symptoms.



Blurred vision



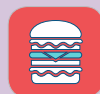
Increased thirst



Tired most of the time



Frequent urination



Increased hunger



Unexplained weight loss



Only a blood test can show if a person has diabetes.

Ask a health care provider about:

- Getting tested
- Where one can learn more about diabetes



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
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Take a picture with your cell phone.
Look at the picture later as a reminder!



Diabetes is a serious, treatable condition

American Indian and Alaska Native (AI/AN) adults have more diabetes than any other race or ethnicity. According to the Centers for Disease Control, 16% of adult AI/AN have diabetes, compared to 13% of Blacks and Hispanics, 9% of Asian Americans, and 8% of Whites.

Diabetes can be prevented with early intervention. Diabetes treatment and management can prevent or reduce many complications associated with the disease, like kidney damage, vision loss, and circulation problems.

Indian Health Service Special Diabetes Program for Indians

The Indian Health Service (IHS) Special Diabetes Program for Indians funds diabetes treatment and prevention at IHS, tribal, and Urban Indian health programs. It serves 780,000 people each year, and has reduced diabetes complications among participants:

- Decreased diabetic eye disease by 50%
- Reduced kidney failure rates by 54%
- Kept obesity rates in youth stable for 10 years, and diabetes rates in adults stable since 2011

For more information, visit

www.ihs.gov/sdpi



Learn more and sign up

- Talk to your Indian health program
- Call 1-800-318-2596 or go online to healthcare.gov
- For information about Medicaid, visit <https://www.medicaid.gov/apply-for-coverage/index.html>
- For more information about Medicare, visit www.medicare.gov, or watch the video Medicare & You: Diabetes at <https://www.youtube.com/watch?v=ikwjsNWBMDM&feature=youtu.be>



HealthCare.gov



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Diabetes Care and Health Coverage

For American Indians and Alaska Natives

- Diabetes Screening
- Diabetes Monitoring and Treatment
- Diabetes Self-Management Training



HealthCare.gov

Health coverage for diabetes

Health coverage through Medicaid, Medicare, or private insurance can help you get the diabetes care you need. Health insurance will pay for all or a portion of screening tests, monitoring supplies, treatment, and education to live a healthier life.

Diabetes monitoring and treatment

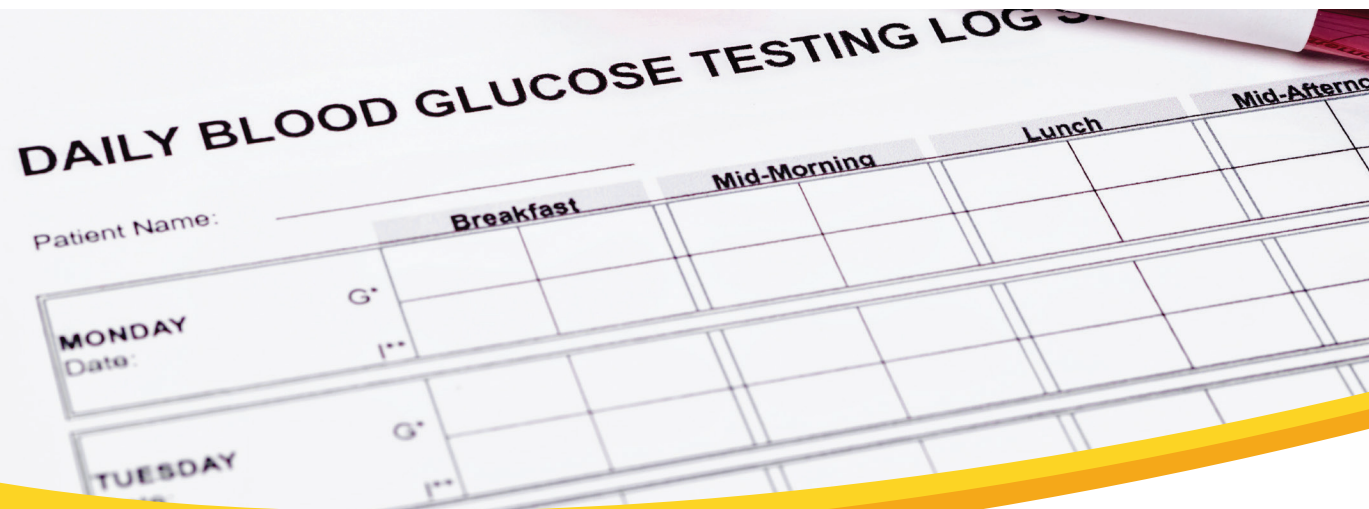
Management of chronic diseases, like diabetes, is covered by private insurance plans, Medicare, and Medicaid. You may be required to pay the cost of some equipment, advanced medications, and treatments.

Diabetes supplies and services covered include:

- blood sugar test strips
- blood sugar monitors
- lancets
- insulin
- eye exams
- therapeutic shoes or inserts

Managing your diabetes can help prevent other health problems.

You cannot be charged more or denied health care coverage for your diabetes as a pre-existing condition.



Diabetes screening

Medicare, Medicaid, and private insurance cover type 2 diabetes screening tests **at no cost to you** if you have high blood pressure, or are at high-risk for the disease due to obesity, a history of high blood sugar, or a history of abnormal cholesterol levels.

Detecting diabetes early in your life can help you get treatment faster to manage your condition and stay healthy longer.

Learn about the Medicare Diabetes Prevention Program at <https://innovation.cms.gov/initiatives/medicare-diabetes-prevention-program/>

Diabetes self-management training through Medicare

If you have Medicare Part B, your doctor can sign you up for diabetes self-management training to help you live a healthier lifestyle.

In the first year, the program includes up to 10 hours of training and support to help you eat healthy, be active, and monitor your blood sugar.

You may also qualify for up to 2 hours of training in follow-up years.

Learn about self-management training at <https://www.medicare.gov/coverage/diabetes-self-mgmt-training.html>

Tips for Managing Blood Sugar

Did you know ?

Living well with diabetes is possible!

There are things you can do to help you stay healthy.

1

Choose water instead of sugary drinks.

2

Make healthy food choices.

Use your plate as a guide.

- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.



3

Do something active every day.

- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4

Find healthy ways to reduce stress.

Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.

- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.



Ask your medical provider if the following is right for you:



Checking blood sugar



Taking medicines

