

MedBen

WellCare

benefitness for you.

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November is National Diabetes Month

Diabetes has become a global epidemic, with one out of every nine adults currently affected. Moreover, about one-third of people who already have the disease are unaware of it.

When the pancreas produces insufficient amounts of insulin (type 2 diabetes) or none at all (type 1), excess glucose in the blood can severely damage other organs. There is no known way to prevent or reverse type 1 diabetes, but proper diet and exercise can significantly reduce your risk of developing type 2.

If you have been diagnosed with type 2 diabetes, MedBen Worksite Wellness can help. An RN Health Consultant will contact you to offer customized counseling. Should you choose to use the service, you will get individualized, confidential disease monitoring on a scheduled basis. You'll also be given educational materials and other resources.

Because diabetics often visit many specialists in addition to the family doctor, daily management of the disease can feel overwhelming. Our RN Health Consultants can provide an additional avenue of support when you need it most. And through weight loss and lifestyle coaching, you can potentially reverse your type 2 diabetes to the point where medication is longer required.



Take Steps To Reduce Your Type 2 Diabetes Risk

Live well.

You can lower your odds of developing diabetes through common-sense wellness:

- Stay at a healthy weight.
- Keep physically active.
- Get a flu shot.
- Get plenty of sleep.

Get tested, if needed.

Your doctor may recommend diabetes testing if:

- You're age 45 or older and overweight.
- You're overweight and have a family history of the disease or other risk factors.

Follow doctor's orders.

If you're prescribed a medication to help control your diabetes, don't stop taking it or reduce the dose without first discussing it with your doctor. If cost is a concern, ask about equivalent generics whenever possible.