

# Diabetes

## What To Know



**Diabetes occurs when your body makes less insulin or doesn't respond to it. Insulin is a hormone that breaks down glucose, the main type of sugar in your blood.**

### Know Your ABC'S

**(A) for A1C:** The A1C test shows your average blood glucose level over the past 3 months; the goal for most people with diabetes is below 7%\*

**(B) for Blood Pressure:** the goal for most people with diabetes is below 140/90 mm Hg\*

**(C) for Cholesterol:** LDL ("bad") cholesterol can cause clogging and narrowing of your blood vessels; the LDL goal for people with diabetes is below 100 mg/dl\*

**(S) for Stopping Smoking:** Smoking and diabetes can narrow blood vessels and raise the risk of heart attack and stroke.

### Blood Glucose Monitoring

Regular blood sugar monitoring is one of the most important things you can do to manage type 1 or type 2 diabetes. Keep a record of your self-checks to help your doctor plan your treatment.

### Insulin Usage

People with Type 1 diabetes need insulin several times daily. Those with type 2 diabetes typically manage their symptoms with medication and lifestyle changes. There are several types of insulin, each with its own onset, peak, and duration. Follow your doctor's advice on when and how to take the type of insulin best for you.

### Plan Your Meals

Eat healthy foods in the right amounts at the right times so your blood sugar stays in your target range as much as possible.

- ☐ Choose fruits and vegetables, beans, whole grains, fish, lean meats, and low-fat dairy.
- ☐ Choose foods low in calories, saturated fat, trans fat, sugar, and salt.
- ☐ Drink water or unsweetened drinks instead of sugar-sweetened beverages.

\*These guidelines are provided by Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit [accessrga.com](https://accessrga.com) to log in to your RGA account or if you have any questions contact us by calling the Customer Care number on the back of your Member ID card.

\*Content Sourced from the American Diabetes Association <https://diabetes.org/> and the CDC <https://www.cdc.gov/diabetes/index.html>