

## ConditionCare: Diabetes

# Help stop diabetes in its tracks

According to the Centers for Disease Control and Prevention (CDC), nearly 24 million Americans – almost 8 percent of the population – now live with diabetes. And an additional 57 million Americans age 20 and older have pre-diabetes, a condition that increases a person's risk of developing serious complications.

Carefully controlling blood sugar is the key to avoiding complications like heart disease, stroke, blindness, kidney disease, nerve damage and amputations. And that's why it's so important to recognize the signs of diabetes early on. If you notice any of the following symptoms, you may want to ask your doctor to test your blood sugar:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurred vision

If you're one of the millions of people in the U.S. who've already been diagnosed with diabetes, there's something more you can do.

## FIGHT BACK

Don't let Diabetes get you down. Sign up for ConditionCare by calling us toll free at 888-249-3820.

To learn more, log in to [anthem.com](http://anthem.com) today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.



Take greater control of your health by signing up for **ConditionCare**. This no extra charge program features Nurse Coaches who give people with diabetes the information and support they need for fuller, healthier lives.

ConditionCare Nurse Coaches can talk with you over the phone about your health goals and the advice you've received from your doctor. Then they'll create a plan just for you. And since ConditionCare is included with your health plan, there's no additional charge for you to take advantage of this service.

When you join ConditionCare, you'll get:

- Care guides, prevention reminders, tracking tools and more to help you stay on top of your diabetes.
- A health evaluation and follow-up calls, if needed. Our Nurse Coaches consult with pharmacists, dietitians, doctors and other health professionals to bring you the very latest information on diabetes tests and treatments.
- Ongoing support through a 24-hour toll-free number you can call to get answers to your health questions.
- Depression screenings and referrals to behavioral health professionals, as needed, to help improve your quality of life.

