

# Diabetes awareness – your health and wellness

- 85+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- Membership in FEHBP and FEDVIP
- Exclusively for federal and postal workers, annuitants and military retirees
- Extensive international network of doctors, dentists, hospitals and other providers

# Webinar tips

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# Today's presenters



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# Agenda

- **Diabetes**

- What is it?
- Consequences
- Prediabetes

- **Types of Diabetes**

- Type 1
- Type 2
- Gestational

- **Risk factors**

- Genetic
- Medical
- Lifestyle

- **What to do**

- Eat healthy
- Be active
- Stay positive



# Diabetes

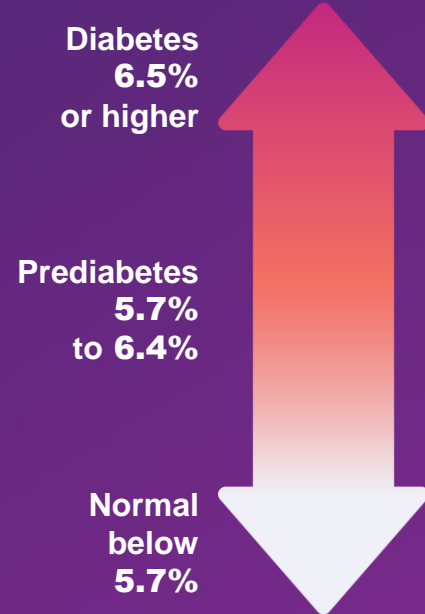
What is it? | Consequences | Prediabetes

# What is diabetes?

- Diabetes is a metabolic disease where the body doesn't produce or use insulin
- Results in high blood sugar
- Determined by hemoglobin A1C levels
- 34.2 Million US adults have diabetes\*
- 1 in 5 don't know they have it\*

\*Source: [cdc.gov/diabetes/basics/diabetes.html](https://www.cdc.gov/diabetes/basics/diabetes.html)

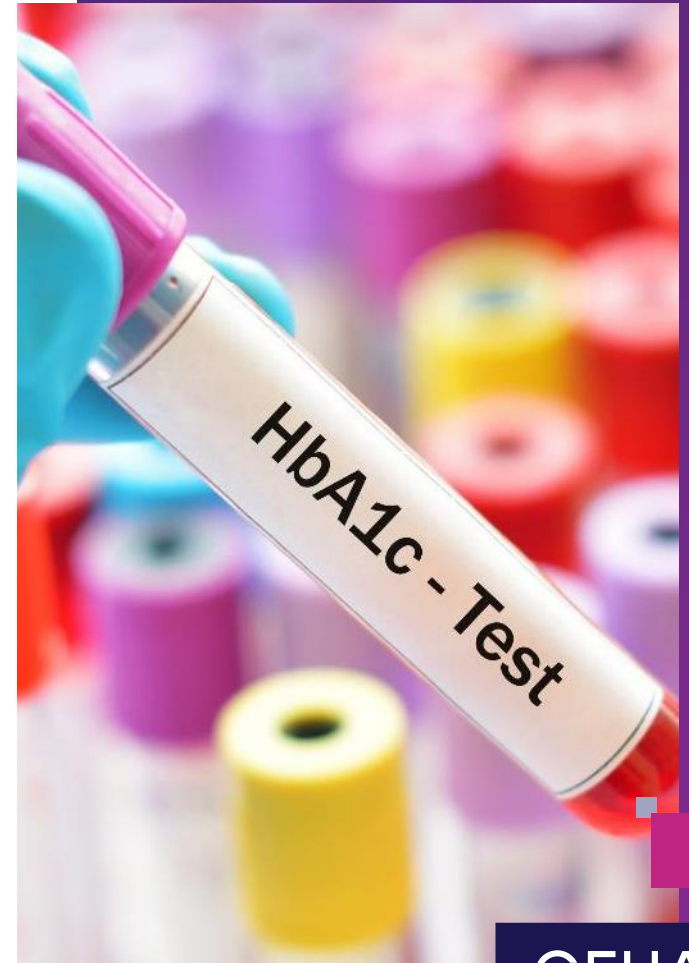
## A1C Levels



# So, what do the numbers mean?

- A1C goal — often less than **7%**
- A1C test results are reported as a percentage

\*Source: [diabetes.org/diabetes/a1c](https://diabetes.org/diabetes/a1c)



# A1C to blood sugar comparison

<b>A1C (%)</b>	<b>eAG (mg/dL)</b> Estimated Average Glucose
6.0	126
6.5	140
7.0	154
7.5	169
8.0	183
8.5	197
9.0	212
9.5	226
10.0	240

\*Source: [diabetes.org/diabetes/a1c](https://diabetes.org/diabetes/a1c)





## Potential complications

- Risk of cardiovascular disease
- Nerve damage
- Retinopathy
- Risk of kidney failure



# Prediabetes

- **5.7% to 6.4%** blood sugar concentration
- Lower your risk
- Get checked every year
- 88 million adults have prediabetes\*
- **84%** don't know they have it\*
- Awareness is the key

\*Source: [cdc.gov/diabetes/basics/diabetes.html](https://www.cdc.gov/diabetes/basics/diabetes.html)



# **Types of Diabetes**

Type 1 | Type 2 | Gestational



# Understanding Type 1 diabetes

- No insulin production
- The exact cause of Type 1 diabetes is unknown but is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that destroys the cells in the pancreas that make insulin
- Type 1 diabetes happens most often in children and young adults but can appear at any age.

Source: [diabetes.org/diabetes](https://diabetes.org/diabetes)



# Understanding Type 2 diabetes

- Most common form of diabetes
- Impaired insulin effectiveness

Source: [diabetes.org/diabetes](https://diabetes.org/diabetes)



# Understanding gestational diabetes

- Diabetes during pregnancy
- Can be managed
- Work with your health care provider

Source: [diabetes.org/diabetes](https://diabetes.org/diabetes)



# Risk factors

Genetic | Medical | Lifestyle



# Type 1 diabetes

- Autoimmune disease
- Family history
- Age

Source: [cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html)





# Type 2 diabetes

- Prediabetes
- Overweight
- Age
- Family history
- Physical activity
- Gestational diabetes
- Ethnic background
- Non-alcoholic fatty liver disease

Source: [cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html)



# Gestational diabetes

- History of gestational diabetes in prior pregnancies
- History of previous delivery over 9 pounds
- Overweight
- Age
- Family history
- Polycystic Ovary Syndrome (PCOS)
- Ethnic background

Source: [cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html)



# Controlling blood sugars and A1C

- Make a plan
- Food choices
- Activity
- Hydration
- Monitor
- Medications
- Stress reduction
- Stay positive



# What to do

- Eat healthy
- Be active
- Stay positive



# Eat healthy

- Increase fruits, whole grains, vegetables and beans
- Decrease trans and saturated fats, sugar and sodium
- Track your intake

Source: [diabeteseducator.org](https://diabeteseducator.org)



# Meal Choices

- Eating at home
- Eating out
- Fast food/ Restaurants

Source: [diabeteseducator.org](http://diabeteseducator.org)

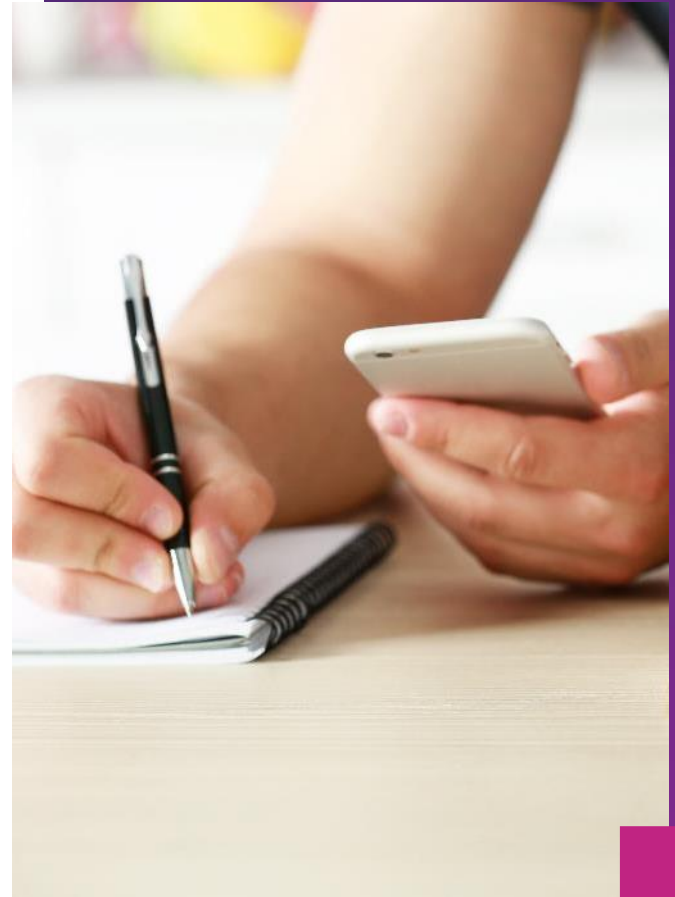
# Eat healthy: track your intake

## Tracking apps

- MyPlate Calorie Counter
- MyFitnessPal

The Association of Diabetes Care and Education Specialists is also a great resource. [diabeteseducator.org](https://diabeteseducator.org)

American Diabetes Association  
[diabetes.org/healthy-living](https://diabetes.org/healthy-living)



# Diabetes plate method

WATER

Use the diabetes plate method to help create balance for each meal.

- ½ vegetables
- ¼ whole grains
- ¼ lean protein
- Water or 0-calorie drink
- Low-fat dairy options



Source: [diabetes.org/healthy-living/recipes-nutrition/eating-well](https://diabetes.org/healthy-living/recipes-nutrition/eating-well)



## Nutrition Facts

Serving Size 1/4 Cup (30g)

Servings Per Container About 38

### Amount Per Serving

**Calories** 200 Calories from Fat 150

**% Daily Value\***

**Total Fat** 17g **26%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 7g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

**Protein** 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

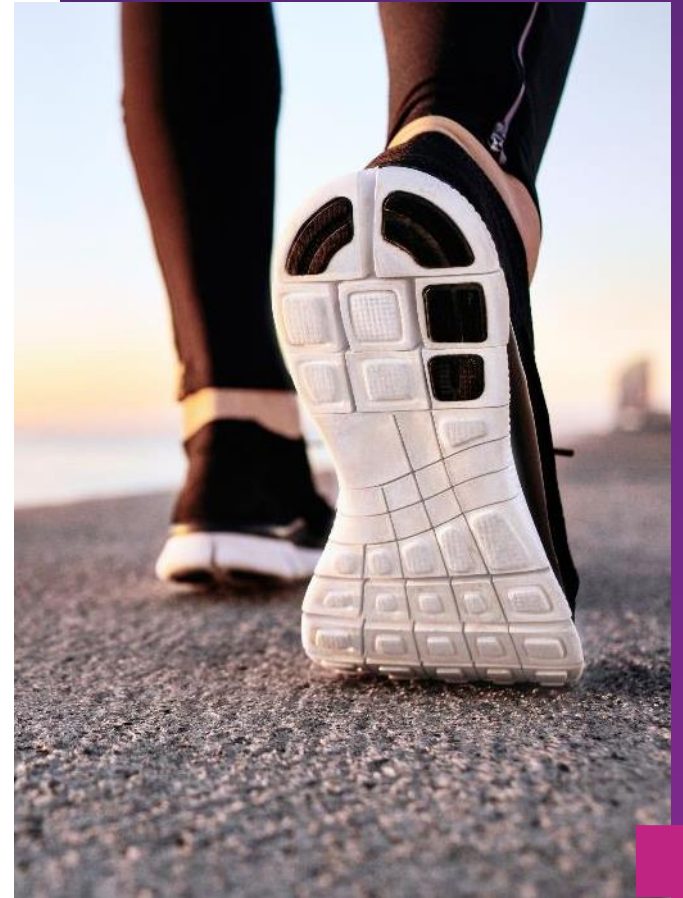
## Label reading

- Serving sizes
- Calories per serving
- Total carbohydrates
- Protein and fat
- Fiber

# Be active

At least 30 minutes of moderate exercise 5 days a week

- Brisk walking
- Cycling
- Swimming
- Weightlifting
- Playing with your dog





# Stay positive

## Diabetes distress

- Anxiety
- Depression
- Worsening condition

## Mental health care

- Counselor
- Support groups
- Meditation

Source: [cdc.gov/diabetes/managing/mental-health.html](https://www.cdc.gov/diabetes/managing/mental-health.html)

# GEHA is here to help

GEHA Care Teams

[proactivecaremanagement@geha.com](mailto:proactivecaremanagement@geha.com)

[888.216.8246](tel:888.216.8246) ext. 3984



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## HDHP, Standard and High



- Health Balance digital health platform
- Visit [geha.com/HealthRewards](https://geha.com/HealthRewards) to learn more
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Visit GEHA's website for all benefit and resource information [geha.com](https://geha.com)

# Get to know your GEHA Care Teams

## Feeling lost on your health journey?

- Need help scheduling your preventive screening?
  - GEHA covers most preventive screenings at **100%** when you see an in-network provider.
- New health diagnosis?
- GEHA has a Navigator ready to guide you in the right direction.
- Contact us today at [ProactiveCareManagement@geha.com](mailto:ProactiveCareManagement@geha.com) or [888.216.8246](tel:888.216.8246), ext. 3984



# Q&A



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# Thank you

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

For more information

[geha.com](https://geha.com) | [geha.com/Blog](https://geha.com/Blog)

     /gehahealth  
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