



Suggested newsletter content

Manage your diabetes so it doesn't manage you

Do you know anyone with diabetes? If so, share this information with them and stress the importance of keeping up with diabetes care; encourage them to act now to better manage their health.

When you have diabetes, you put a lot of effort into eating right, exercising and checking your blood sugar regularly. But it's easy to overlook one of the most important tasks — staying on track with your doctor visits.

Life is busy, and you may forget to schedule appointments or have difficulty rescheduling them. Regular visits with your doctors are key to your diabetes management plan. It's especially important that you see these doctors:

- Your primary care provider for a blood test to check your A1c
- An optometrist or ophthalmologist for a retinal eye exam

Diabetes is the leading cause of new vision loss and kidney disease^{1,2}

Even if you feel fine and don't have any symptoms, you could have undetected health problems that are easier to manage when caught early. Regular testing can help prevent serious health problems caused by diabetes, such as blindness, kidney disease, high blood pressure and stroke.

Schedule your appointments

Talk with your primary care provider about how often to test and which tests are appropriate for you. And remember to take all your medications as prescribed. If you need to find a doctor, log in to your member account on the Blue Cross mobile app or at **bcbsm.com**.

¹www.diabetesresearch.org/file/national-diabetes-statistics-report-2020.pdf

²www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-kidney-disease