



**BlueCross BlueShield
of Illinois**



We're not going to sugar coat this...
More Americans have diabetes than ever before

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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Did you know that diabetes — also known medically as **diabetes mellitus** — **affects 17 million adults and children**?*
Yet close to a third of them may not know they have it.

That's why the Blue Cross and Blue Shield of Illinois Wellness Guidelines recommend that individuals at risk for diabetes have a fasting blood glucose test at age 45. If test results are normal, repeat the test every three years.*

No one has found a cure for diabetes, but there are steps you can take to help prevent the disease, including:

- Eating right
- Maintaining a healthy weight
- Getting plenty of exercise
- Knowing your risk factors

Diabetes is the sixth leading cause of death in the United States. You can help protect your health by practicing a healthy lifestyle and making sure you have your blood sugar tested. Ask your health care provider about it today.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

**American Diabetes Association*