



NEW Diabetes Management Program

The state health benefits program is launching a new program to help members with diabetes better manage and control their condition, working with their doctor to develop and stick with a treatment plan.

Effective July 1, 2012, COVA Care and COVA Connect members with diabetes will be able to participate. Once they complete certain requirements, the plan will pay 100 percent of their costs for diabetes prescription drugs and certain supplies on tiers 1 and 2 of the prescription drug benefit. For more information, please visit:

<http://commonhealth.virginia.gov> and click on [Diabetes Management Program](#)

Why should YOU care about diabetes?

There are many young people and adults who have no idea that they have diabetes or that they are at risk for diabetes.

Long-term effects of diabetes can include blindness, heart disease, kidney failure, and amputation of toes, feet, or legs.



CommonHealth is a program of the Department of Human Resource Management for employees of the Commonwealth of Virginia.

For more information go to www.CommonHealth.virginia.gov or write to Wellness@dhrm.virginia.gov

IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES



- Learn the **warning signs**
- Understand your **risk factors**
- **Care** for family members
- Get **screened**

Why should **YOU** care about diabetes?

Steps to Defeat Diabetes

Are you at risk for diabetes?

Take this self-assessment; check all the boxes that apply to you.

- My mother, father, or sibling has diabetes.
- I exercise less than 3 times a week.
- I am overweight.
- I am 45 years of age or older.
- I was diabetic when I was pregnant or had a baby weighing over 9 pounds at birth.
- I am African American, Hispanic/Latin, American Indian, Asian American, or Pacific Islander.

If you checked any box, you may be at risk—see your doctor soon to be tested.



If you checked any of the risk factors on the list at left, get tested at an earlier age and every three years. Most doctors will do a quick finger stick and will follow it up with a more extensive test if your quick test showed a high number. For best results, have your blood tested after fasting (not eating for 12 hours).

Get tested at age 45 or if you have a family history of diabetes.

What can I do to reduce my risk of diabetes or improve my health if I already have diabetes?

- Exercise 3 times a week. Start with walking and add other cardio workouts as you progress.
- Eat a healthy diet that is low in carbohydrates and sugars and has plenty of fresh vegetables.
- Lose weight. Your doctor can help you set realistic weight loss goals.

Watch for these signs of diabetes

1. Losing weight for no reason.
2. Vision changes.
3. Cuts or bruises that are slow to heal.
4. Feeling very hungry or thirsty.
5. Getting irritable easily.
6. Frequent urination.
7. Skin or bladder infections.
8. Tingling or numbness.

My last blood test Date	Results
My next blood test Date	Results