

HERE'S TO HEALTH

Signs You May Have Type 1 Diabetes

- Increased thirst & urination
- Extreme hunger
- Unintended weight loss
- Irritability
- Fatigue & weakness
- blurred vision

Signs You Might Have Type 2 Diabetes

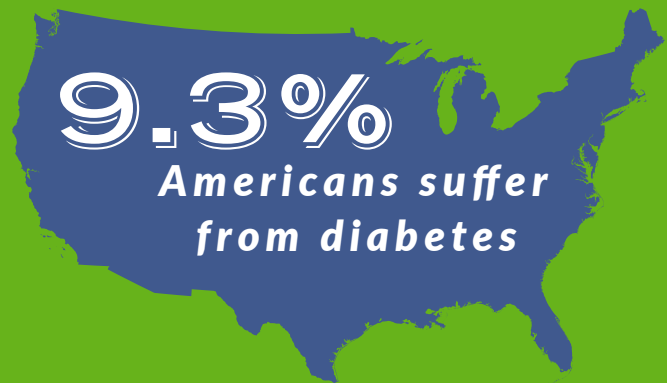
- Headaches
- Loss of consciousness
- Sores that don't heal
- Tingling hands and feet
- Red, swollen, tender gums

Being overweight increases your risk for type 2 diabetes



More than 88 million US adults have prediabetes, and 90% of them don't know they have it.

According to the American Diabetes Association, the cost of diabetes has gone up 25% over the past 5 years. Seeing Diabetes care and education specialists between visits with your doctor can keep you on track with your care plan.



Lives lost globally from diabetes:

one every 7 seconds



almost 5 million annually

AMERICAN DIABETES MONTH EDITION


AssuredPartners

Even if you don't have diabetes educate yourself and those around you!

- Schedule a comprehensive eye exam
- Keep current with your biometric screenings
- Know how to read your blood sugar levels
- Show support - wear blue Fridays in November