

What is Type 2 Diabetes?

When you eat, some of your food is broken down into a type of sugar called glucose. This sugar travels in your blood to your body's cells. Your body needs glucose for energy. A hormone called insulin acts as the 'key' that helps move glucose from your blood into your cells.

In Type 2 diabetes, your body does not use or respond to insulin as well as it should. Or it may not make enough insulin. This causes too much glucose to build up in your blood or 'high blood sugar.' Over time, this buildup of glucose can cause serious health problems.

Symptoms of Type 2 Diabetes

- Being very thirsty
- Feeling very hungry
- Having blurry vision
- Losing weight without trying
- Urinating (peeing) a lot, often at night

Important Tests for People with

Diabetes

- **Hemoglobin A1C Testing**— every 3 or 6 months with reading of less than 9%
- **Kidney Health Check**— once per year
- **Eye Exam**— once per year
- **Blood Pressure Check**— with reading of less than 140/90

Contact us if you need help with your diabetes plan, including scheduling your tests and visits with your doctor:



855-696-6995



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Living with Type 2 Diabetes

Take charge of your health and with help from your doctor create an action plan to:



Track your eating habits
and make healthy
changes



Take your diabetes
medications as
prescribed



Check your feet
daily for any sores
or redness



Continue seeing
your doctor for
follow up care



Be active and move
daily

If you have Diabetes Type 2, you are not alone. Many people have it. Step-by-step you can put yourself in charge. Remember, you are more than diabetes.