



Diabetes: Take Care, Take Control

One in 10 people in the United States has diabetes, and one in five adults has diabetes but doesn't even know. CountyCare's **Take Care & Take Control** program is a guide to learning about diabetes and how to manage it. Our goal is to help people live long, healthy lives with the ones they love.

1. The U.S. Centers for Disease Control and Prevention, A Report Card: Diabetes in the United States Infographic | Diabetes | CDC (<https://www.cdc.gov/diabetes/communication-resources/diabetes-statistics.html>)

Illinois Medicaid Managed Care Diabetes Benefit

People enrolled in Illinois Medicaid are eligible for diabetes management services. Talk to your primary care doctor primary care provider (PCP) to access these programs.



Diabetes Self-Management Education and Support (DSMES): A program that offers counseling on long-term dietary changes, increased physical activities and diabetes self-care skills.

Diabetes Prevention Program (DPP): A free lifestyle change program that includes dietary and nutritional counseling, fitness assessments and educational sessions for people with prediabetes.

What is diabetes?

Diabetes is a disease that affects how your body uses sugar in your blood for energy. Your body makes sugar on its own, and it can also come from the food you eat. Your body uses a hormone called “insulin” to help move sugar from your blood into your cells for energy. When you have diabetes, your body either does not make enough insulin or cannot use it well. When sugar can’t get into your cells, it builds up in your blood. This causes high blood sugar.

What are the types of diabetes?

There are four types of diabetes. Each affects how the body uses blood sugar in different ways.

Type 1

Type 1 diabetes is an **autoimmune disease** in which your body attacks the pancreas (where insulin is created). This means your body makes little or no insulin. Type 1 diabetes is usually diagnosed in childhood or adolescence, but it can be found at any age. People with Type 1 need to take insulin every day to stay alive and healthy.

Prediabetes

Prediabetes is the stage before Type 2 diabetes. **Blood sugar is higher** than normal but not high enough to be called diabetes. Most people who have prediabetes will get Type 2 diabetes within 10 years if they don’t make changes.

Type 2

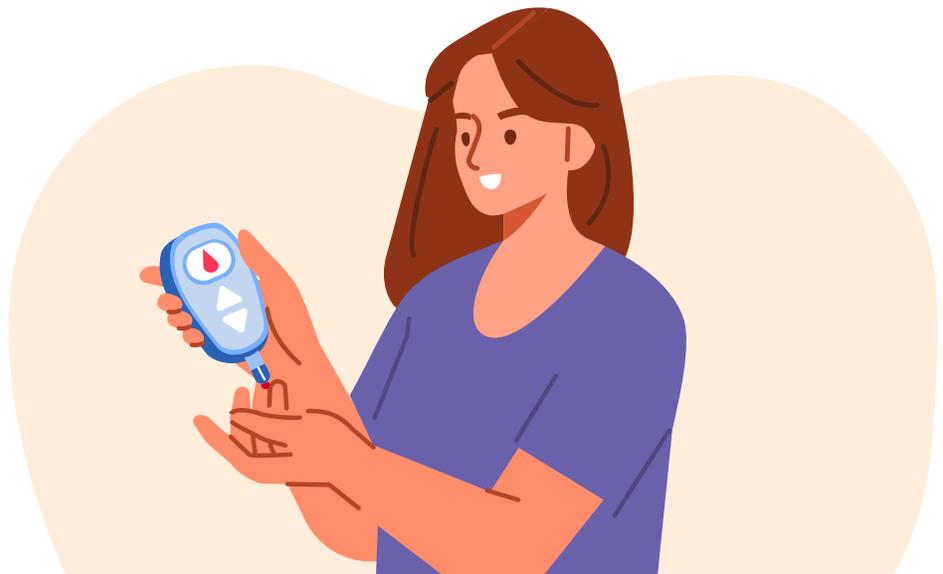
Type 2 diabetes means **your body doesn’t use insulin well** (called “insulin resistance”). It is the most common type. You can get Type 2 diabetes at any age, but the risk goes up as you get older. Risk factors include being overweight or obese, being over age 35, having a family history of diabetes and/or not being physically active.

Gestational Diabetes

Some people develop gestational diabetes during **pregnancy**. It usually goes away after the baby is born, but it raises the risk of getting Type 2 diabetes later in life.

How is diabetes diagnosed?

Blood tests can check blood sugar levels. This can be done at a lab or clinic, and results usually come back quickly. Your doctor will talk with you about what your numbers mean and the next steps.



What are the risks of having diabetes?

Diabetes can harm your eyes, nerves, kidneys and heart. Managing diabetes can help prevent these problems.

How is diabetes managed?

Your doctor may prescribe insulin or other medications to help control your blood sugar levels. If you have Type 2 diabetes, making lifestyle changes like eating healthy and exercising can improve your blood sugar levels.



Diet - Eat more non-starchy vegetables (leafy greens, broccoli, peppers, cucumbers), lean proteins (fish, skinless poultry, beans, tofu), whole grains (brown rice, quinoa, oats, whole-wheat bread) and healthy fats (avocados, nuts, seeds, olive oil). Try to limit processed foods, sugary drinks and foods high in unhealthy fats (saturated and trans fats).



Exercise - Move your body every day. Exercise can help you reach a healthy weight, keep your blood sugar levels steady and make your body use insulin better.



Stress - Practice deep breathing, take breaks or find other healthy ways to relax. Stress can raise blood sugar levels.



Sleep - Get enough good-quality sleep each night. Poor sleep can raise blood sugar levels.



Blood sugar levels - Test often to see how your daily changes impact your blood sugar levels. Talk to your doctor about your A1c number and what it means for you. A1c is a measure of your blood sugar levels.



Doctor visits - See your doctor to learn about treating your diabetes and keeping your blood sugar levels steady.



Eye exam - Get annual eye exams. Diabetes can damage your eye health.



Foot care - See a podiatrist (foot doctor). Diabetes can lead to nerve damage and less blood flow to the feet. This can lead to foot ulcers, infections and even amputations.



Blood pressure - Check your blood pressure regularly. Diabetes can cause high blood pressure.



Cholesterol - Have your cholesterol checked at least once a year. Diabetes can increase the risk of heart disease.



Medications - Take medicines as prescribed, even if you feel great. Medicines only work when you take them. Take statin medication prescribed by your doctor. Statins help lower your risk of heart disease and stroke.

Benefits of the Take Care, Take Control Program:

CountyCare offers special benefits to help members control their blood sugar levels.

Weight Watchers

If you are overweight, losing weight can improve or reverse Type 2 diabetes. CountyCare offers free Weight Watchers vouchers for members ages 13 and older. These vouchers let you attend meetings at no cost. These vouchers do not cover the cost of Weight Watchers meals.

How to get vouchers: Call Member Services at 312-864-8200. CountyCare will mail them to your home.

Glucometers

A glucometer is a small device that allows you to check your blood sugar levels at home. Glucometers are covered by Illinois Medicaid. Talk to your doctor to get a glucometer.

Continuous glucose monitors

A continuous glucose monitor is a small device you wear on your skin. It checks your blood sugar every few minutes and alerts you if your levels are too high or low. These devices are covered by Illinois Medicaid. Talk to your doctor to see if you qualify to receive one.

Blood pressure monitors

You can get a free blood pressure monitor to use at home. Ask your doctor to call CountyCare, and we will send it to your home.

Cash rewards

Earn cash on your Visa Rewards card for seeing your doctor and filling your prescriptions.

PCP visit reward: Get rewards on your Visa rewards card each year when you see your primary care doctor for your yearly checkup.

Diabetes monitoring reward: If you are 18 years old or older and get your blood and urine screenings once a year, you get \$25.

Medication

Your doctor may prescribe medications to help with your diabetes. There are no costs for covered medications while with CountyCare.

Free transportation

CountyCare provides rides to and from medical appointments. Visit countycare.com and click on "Schedule a ride."

Care coordination

All CountyCare members can get care coordination services. Having a care coordinator means you have someone on your side to help you stay healthy. Your [care coordinator](#) can:

- Help you find a doctor
- Arrange rides to your appointments
- Connect you to food and housing resources



If you use this program for rent or utilities, Housing and Urban Development (HUD) requires it to be reported as income if you seek assistance. Contact your local HUD office if you have questions.