



# Your Diabetes Health Kit

A toolkit for promoting awareness and prevention



Did you know that one out of three American adults are pre-diabetic — and nine out of 10 of them don't even know it?<sup>1,2</sup>

Diabetes is one of America's leading killers and the number one cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness among adults in the U.S.<sup>3</sup> And this disease isn't just something you "live with" — it can cause heart attacks, strokes, kidney failure and a lot of other problems.<sup>4</sup>

The good news is, a very high majority of diabetes cases can be prevented and/or controlled, through weight management and nutrition.

So who's going to help make that happen? You can! Because you've got the tools you need, right in this kit, to make your coworkers aware of the diabetes crisis and to help them prevent it from becoming part of their lives.

It takes eating right, exercising and knowing the signs of diabetes. And you're just the person to help everyone in your company take this disease on. So read on. Use this kit: it's been designed to make starting and managing a diabetes health program easy for busy people like you.

Source:

1 [www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf](http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf)

2 [www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf](http://www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf)

3 [www.diabetes.org/diabetes-basics/statistics/?referrer=https://www.google.com/](http://www.diabetes.org/diabetes-basics/statistics/?referrer=https://www.google.com/)

4 The American Diabetes Association Fast Facts, 3/2015

# What's in your Diabetes Health Kit?

This kit contains links to materials you can simply download and distribute. It also includes a detailed guide for creating a Diabetes Awareness Challenge in your workplace, with educational tools for preventing and coping with the disease.

## A few points to remember:

- *Keep it simple.* All of the tools in this kit are meant to help you and require very little time for you to manage.
- *Spread it out.* Don't distribute every email and flyer to employees at once. Spread it out. Stagger your messaging over several weeks or a month. You might even want to declare a Diabetes Health Month at your company.
- *Keep it fun.* Employees really want to enjoy being healthy. So present this program as a positive, helpful experience, not a mandatory requirement. You want everybody to keep a healthy attitude!

# Start your own Diabetes Awareness Challenge



## The Diabetes Awareness Challenge

The more your associates know about diabetes, the more likely they are to take precautions to prevent it. So start planning your company's Diabetes Awareness Challenge. Use these tools to make it happen!

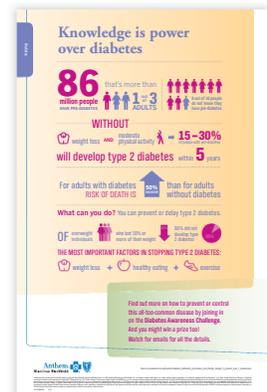
### step 1

Download the **program planner** to learn how to set up and manage the challenge.



### step 2

Hang this **poster** in your workplace or email it to your employees, along with the employee overview flyer, to promote the upcoming challenge.





**TIP:** Stagger your communications to employees throughout the challenge to keep diabetes awareness top-of-mind.

## step 3

Plan your communications. Mark your calendar to send one **challenge email** per week. We suggest running the challenge over four weeks. Click here to get all the copy you'll need, along with attachments to send to employees.



Click on the thumbnails to download each item individually.

# The download(s) on diabetes

The resources in our weekly challenge emails contain some great information. Below you'll find those resources, and a few others, all in one place. Check them out for easy reference or distribute to your employees as you'd like.



## What is diabetes?

Get the basics on what diabetes is, along with the signs of the disease, types, causes and treatments.



## What is pre-diabetes?

Know what it means to be pre-diabetic and how to stop the condition from progressing.



## Diabetes and your eyesight

Find out how diabetes can affect vision, and what to do to prevent further damage to sight.



## Understanding type 1 diabetes

Learn more about type 1 diabetes, its symptoms and treatments.



## Understanding type 2 diabetes

Learn more about type 2 diabetes, its symptoms and treatments.



## Controlling gestational diabetes

A helpful flyer on a condition that affects one in every 20 pregnant women.



## Yearly checkups for people with diabetes

Details the importance of regular physician contact when you have diabetes.



## Diabetes and oral health

There's a link between diabetes and the health of your teeth and gums. Get the details here.



Click on the thumbnails to download each item individually.

## POSTERS:



### Pre-diabetes risk assessment

Answer a few simple questions and see if you are at risk.



### Protect your health from head to toe

Inspire coworkers to keep diabetes in check.



### Diabetes medications

An overview on the many drugs available for managing diabetes, along with advice on choosing the right one for you.



### You have the power to fight diabetes

A simple, strong message presenting three ways you can stop diabetes from affecting you.



### The diabetes awareness challenge quiz

Distribute this quiz to your employees to test their knowledge.



### Sweet talk for healthy blood sugar

A quick overview on diabetes covering the three main types and methods of prevention.



### The diabetes awareness challenge quiz answer key

## ConditionCare

If your Anthem plan includes ConditionCare, distribute these materials to your employees.

### Don't Fight Diabetes Alone

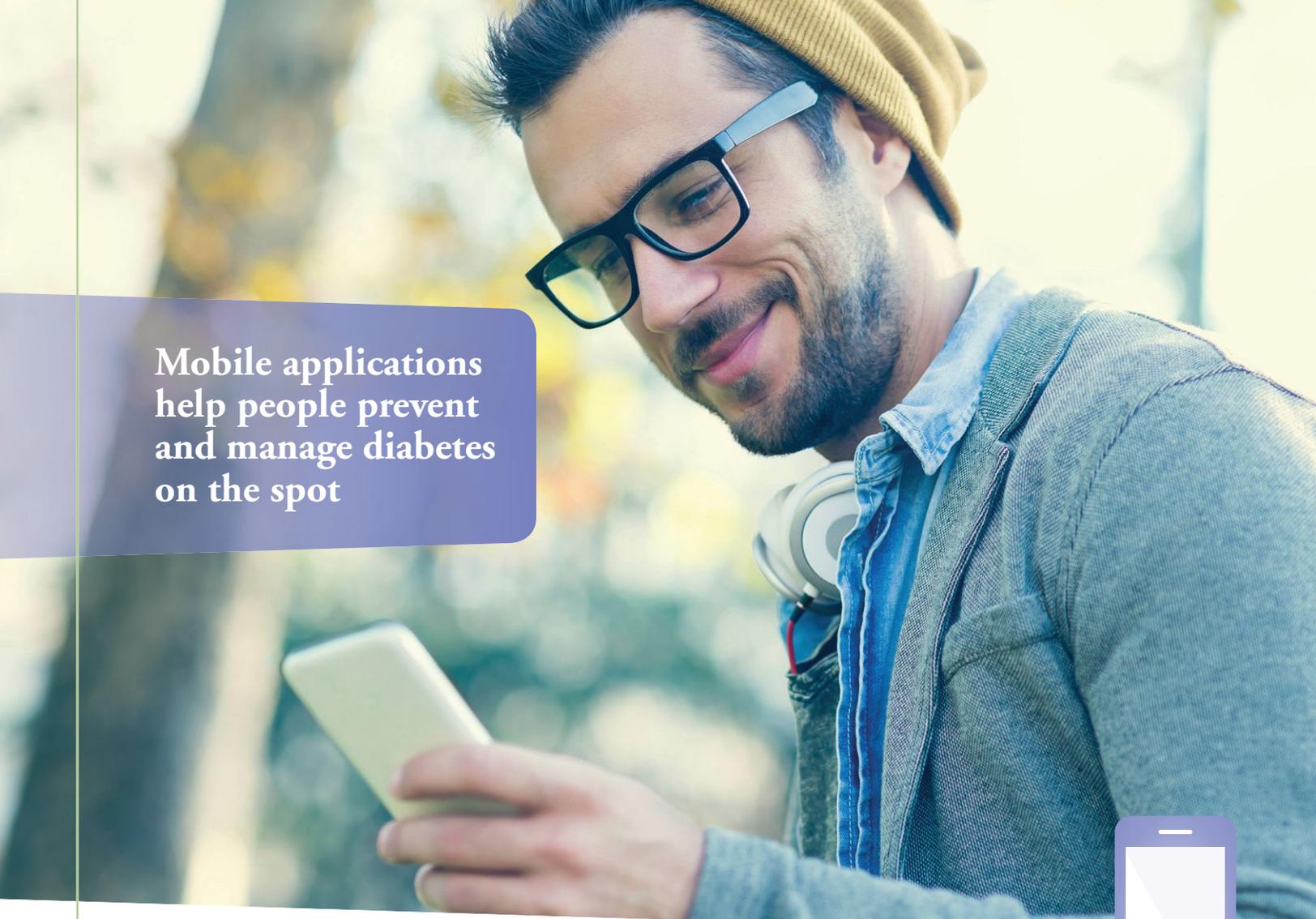
An overview of the ConditionCare Diabetes program.



### FAQ

A list of frequently asked questions on the service and its offerings.





Mobile applications help people prevent and manage diabetes on the spot

The technology on our smartphones takes diabetes management to the next level. Share these apps with your employees to help them track and log vital health information easily.



## Apps for employees with diabetes

### Diabetes Pal



This app helps people with diabetes manage their blood glucose either with the Telcare blood glucose meter, or by manually entering their blood glucose readings. You can also use it to log your medicine and food, take notes, and plot data on a line graph, pie chart or bar graph.

[Diabetes Pal App](#)

### Glucose Buddy



Lets you record, annotate and graph your blood glucose level, medication doses, food eaten, and exercise. Browse and post to forums, and get notifications to remind you when it's time to check your blood glucose.

[www.glucosebuddy.com](http://www.glucosebuddy.com)

## Apps to motivate and manage a healthy lifestyle

### Charity Miles



Pick one of nearly a dozen charities. Click whether you plan to run, walk, or bike, and start moving. The app will track your distance, and the Charity Miles company will enlist sponsors to reward your chosen charity with a donation for your hard work.

[www.charitymiles.org](http://www.charitymiles.org)

### GoMeals



Using a plate graphic, this app can help you visualize how well you're meeting your daily nutrition needs. Log foods using a comprehensive database that includes more than 40,000 common foods and over 20,000 restaurant meals, view nutrition facts, and see what percentage of your current calorie intake is from carbohydrate, fat and protein.

[www.gomeals.com](http://www.gomeals.com)

### Fooducate



This app helps improve nutrition choices by providing a thorough look at the foods you eat. Search for foods or scan bar codes to get a comprehensive profile, including nutrition facts, tips and notes, a health grade, and even the percentage of other Fooducate users who like a food. Tap to get a list of healthier options or add a product to your shopping list.

[www.fooducate.com](http://www.fooducate.com)

### MedSimple



An easy way to keep track of your medications. Add prescription and over-the-counter meds, doses, and frequency as well as prescriber and pharmacy information. Set alerts to remind you to take your meds or refill a prescription, and learn about possible savings on prescription drugs.

[www.medsimpleapp.com](http://www.medsimpleapp.com)

## Additional resources to share with employees

### The Weight Center at Anthem



This helpful resource connects employees to information on topics like fitness tips, healthy eating tips and ways to take care of your emotional health and well-being to be your very best self. To access the center, employees need to login at [anthem.com](http://anthem.com) then click on the Health and Wellness tab.

### ChooseMyPlate.gov



[ChooseMyPlate.gov](http://ChooseMyPlate.gov) provides your employees with practical information to help them build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

Source: [Diabetesforcast.org](http://Diabetesforcast.org).

**You want them to be well. Help them work towards that.**

A healthy workforce is important to you. It's important to us, too. That's why Anthem works with companies like yours to instill a culture of health in the workplace. This Diabetes Health Kit is one way we're carrying this through. Because an informed employee can lead to a healthier company.



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.