



Aetna Better Health[®] of Virginia

Diabetes

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Get to know your diabetes ABCs

Want to be as healthy as you can — now and in the future? When you have diabetes, a good place to start is with your ABCs:

A is for A1C. This test tells you if you're meeting your blood sugar goals. It measures your average blood sugar over the past three months.

B is for blood pressure. Keeping your blood pressure in check can protect your heart, kidneys and eyes.

C is for cholesterol. Managing your cholesterol can help you avoid a heart attack or stroke.

S is for smoking. If you smoke, quitting could lower your risk of kidney disease, nerve damage and other diabetes-related problems.

Where to start

Ask your doctor what your ABC goals should be — and how often you need to be tested. If you need to make some changes, don't worry. You and your doctor can work together on a plan to get you where you need to be.

One of the best steps you can take: Be sure to take your medicines every day exactly as prescribed. Their job is to help keep you well.

Sources: American Diabetes Association (Diabetes.org); National Institutes of Health (NIH.gov)

Four ways to take charge

If you have a chronic condition, take it step by step:

1. Learn all you can about it.
2. Work with your doctor on a care plan.
3. Take your medications.
4. Aim for healthy habits.

Source: Agency for Healthcare Research and Quality (AHRQ.gov)



Did you know that you may be able to get Lifeline cell service plus a smartphone at no cost to you? Go to AetnaBetterHealth.com/Virginia or call Member Services at **1-800-279-1878** and ask about the Assurance Wireless Lifeline program.



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