



Are you living with diabetes? We can help you take control.

More than 37 million US adults have diabetes, and **1 in 5** of them don't know they have it.¹



If you have diabetes, managing the disease effectively can make a big difference in your health. There are several recommended things you can do to manage your blood sugar and keep diabetes under control:

- **Make healthy eating choices:** Choose vegetables, whole grains, healthy fats like olive oil and nuts, fruits, and legumes.
- **Get active:** Aim for 30 minutes a day of physical activity.
- **Maintain a healthy weight:** Ask your healthcare provider what a healthy weight is for you and work to reach and maintain that weight.
- **Know your numbers:** Monitor your blood glucose levels every day. There are apps to help you track your blood sugar. Continuous glucose monitors are another tool to consider, which helps track and store data on your blood glucose levels around the clock and alert you if your levels are too high or low.
- **Don't smoke:** If you do, quit.
- **Take your medication:** If you're prescribed medication to lower blood sugar, take it consistently and use as directed.

PinnacleCare can help you live well while managing your diabetes by providing you support, guidance and answering your questions. Our team of care advisors can also:

- Help you find a new primary care provider
- Connect you with a registered dietitian
- Review your current treatment plan
- Provide specialist recommendations
- Obtain an expert second opinion, if needed

The Three main types of diabetes¹



Type 1 diabetes is believed to be an autoimmune reaction that causes the immune system to destroy cells in the pancreas that make insulin. It is usually diagnosed in children and young adults.

Type 2 diabetes is caused by insulin resistance. Your body makes insulin but doesn't use it effectively. The pancreas then makes too much insulin, causing glucose to build up in your bloodstream. Type 2 diabetes used to primarily affect adults, but due to an increase in childhood obesity (a risk factor for type 2 diabetes), it's now affecting a growing number of children and teens.

Gestational diabetes develops in pregnant women who have never had diabetes. It typically goes away after the baby is born. However, it can increase your risk for type 2 diabetes later in life.

For more information, contact a PinnacleCare care advisor. PinnacleCare services are provided at no cost to you.

Phone: **888-442-7380** | Online: www.PinnacleCare.com/capecod

Representatives are available Monday through Friday, 8:00 a.m.–6:00 p.m. (ET)

1. <https://www.cdc.gov/diabetes/basics/diabetes.html>

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