

Keep Your Diabetes in Check ✓



1 in 10 Ohioans have diabetes and COVID has added a new layer of complexity to managing their health conditions. Learn ways you can manage diabetes and live a healthier life.

Know the signs of diabetes:

- Tingling, pain or numbness in the hands/feet
- Cuts/bruises that are slow to heal
- Frequent urination
- Fatigue
- Weight loss
- Blurry vision
- Increased thirst and hunger

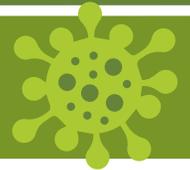
Reduce your risk for Diabetes by:

- Eating a healthy, balanced diet
- Stop smoking
- Exercising regularly
- Maintaining a healthy weight



By managing your diabetes care, you may avoid serious health issues

32% of COVID patient deaths are diabetics



Diabetics are:

At risk for blindness, high blood pressure and chronic kidney disease



5x more likely to be obese



4x more likely to have a heart attack



Keep your Diabetes in check by:

- Taking diabetes medications and insulin
- Testing your blood sugar and tracking the results
- Seeing your doctor regularly for routine diabetes care including foot and eye exams



Turn to Buckeye for support

- Rewards for completing your well visit and annual comprehensive diabetes care
- Free transportation to and from appointments
- Access to telehealth from the comfort of home
- Care management to help achieve health goals
- Resources like doctors' appointments, insulin, and glucose monitors at no cost
- Diabetes management tools



 **buckeye health plan.**

Learn how to manage your diabetes and find helpful tips. Visit BuckeyeHealthPlan.com/diabetes