

Don't let
diabetes
sneak up
on you.



7.5 million U.S. adults have diabetes and don't know it. Get an A1C blood test to find out if you're one of them. If so, talk to your doctor about a treatment plan.

Your doctor can refer you to diabetes self-management education and support (DSMES) services that help people with diabetes learn how to take the best care of themselves.

For additional resources or to find a doctor in your area, log in to your health plan's website.

