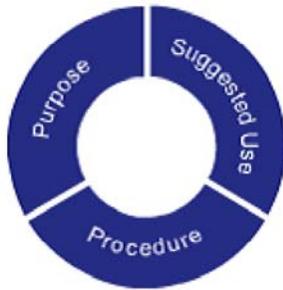




The text below can also be selected, copied and pasted anywhere.



Help Control Type 2 Diabetes With Exercise

Do you feel like your blood sugar just won't budge? You've been eating well and taking your medicine as directed. But you can't seem to get your levels as low as your doctor wants.

You may be missing a crucial piece in your diabetes care plan: exercise.

How exercise may help diabetes

If you have type 2 diabetes, your body either doesn't make enough insulin or it can't use the insulin it makes. Insulin helps the body move sugar to where it's supposed to go — the cells — instead of lingering in the blood. Exercise may help your body respond better to insulin. So when you work out regularly, it may take less insulin to keep your blood sugar levels in the normal range.

Better blood sugar control doesn't end when the treadmill stops. Your body reaps health benefits during your workout and for several hours after. Over time, exercise may even help people with type 2 diabetes reverse their resistance to insulin.

More health benefits

Being active has many perks beyond better blood sugar control. It may help lower the risk for diabetes complications, such as heart and kidney disease — and nerve and eye damage. And regular exercise may lead to:

- Lower blood pressure
- Better cholesterol levels
- Improved circulation
- Weight loss (if you're overweight)
- Reduced stress
- More energy
- A stronger heart, muscles and bones

It may be dangerous to exercise if your blood sugar is too low or too high. So ask your doctor if you need to test your blood sugar before, during or after your workout — and what your levels should be.

Getting started

Thinking about stepping up your fitness routine? Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

And consider these tips:

- Start slowly. Gradually increase the amount of time and intensity of your workouts. You might begin with 10 minutes at a time — and build from there.
- Find an activity you enjoy. How about biking, dancing or hiking?
- Wear comfortable, well-fitting shoes to reduce the risk of foot problems. And check your feet after each workout. If you notice any sores or blisters, let your doctor know.
- Drink water before, during and after being active to help prevent dehydration.



What to do next

Find more tips and tools to help you take charge of type 2 diabetes. Download *Your Diabetes Toolkit* at uhc.com/diabetes-toolkit.

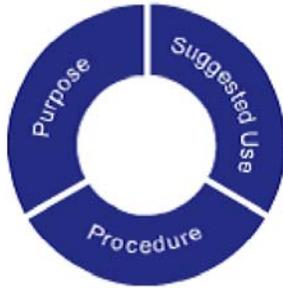
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Last reviewed June 2017

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The text below can also be selected, copied and pasted anywhere.



Should You Be Tested for Diabetes?

More than 29 million Americans have diabetes, according to the Centers for Disease Control and Prevention.

One out of four of them don't know they have the disease. And 86 million more people have prediabetes. Studies show that up to 30 percent of people with prediabetes will develop type 2 diabetes within the next five years.

The consequences can be serious — even deadly. Diabetes is a leading cause of blindness, kidney failure and lower limb amputations in adults. Having diabetes raises your risk for heart disease, stroke, nerve damage and gum disease.

Risk factors for diabetes

You may be at an increased risk for type 2 diabetes if you:

- Are overweight
- Are not physically active
- Have a family history of diabetes
- Are African American, Hispanic, American Indian, Alaska Native, Asian American, Native Hawaiian or Pacific Islander
- Are 45 or older
- Have high blood pressure
- Have a low level of HDL cholesterol or a high level of triglycerides
- Have a history of heart disease or stroke
- Had gestational diabetes (diabetes during pregnancy)
- Gave birth to a baby who weighed 9 pounds or more
- Have polycystic ovary syndrome (PCOS)

Who should get tested?

The U.S. Preventive Services Task Force says that people ages 40 to 70 who are overweight or obese should get tested for diabetes. If you have risk factors for diabetes, talk with your doctor about whether testing is right for you.*

The tests

A high blood sugar reading on any of these tests may mean you have diabetes:

Fasting plasma glucose test (FPG)

For the FPG, you fast overnight. Then your blood is drawn at a lab or doctor's office.

Oral glucose tolerance test (OGTT)

You fast for at least eight hours and then have your blood drawn. Next, you drink a sugary beverage — and have blood drawn one hour later and again two hours later.

Hemoglobin A1C test (HbA1C)

The A1C test is a simple blood test that is usually performed in a lab. You don't need to change your diet or medications before the A1C test. It indicates your average blood sugar level over the past two or three months.

If you have diabetes

If your test results come back positive for diabetes, work closely with your doctor on a treatment plan. The goal of managing your diabetes is to keep your blood sugar levels in check. It is important that you follow your treatment plan closely. Doing so should reduce your risk of complications.

Your doctor may suggest that other specialists be part of your care team. Check your benefit plan to see what services may be covered.

If you don't have diabetes

If your blood sugar is in a healthy range — or if you have prediabetes — you can still take steps to help reduce your risk of the disease:

- ***Lose weight.*** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your body weight. That's 10 to 14 pounds for someone who weighs 200 pounds.
- ***Eat right.*** Your diet should be rich in vegetables, fruits, whole grains, low-fat dairy foods and lean protein sources. Limit foods high in saturated and trans fats, sodium and added sugars.
- ***Exercise regularly.*** Most healthy adults should aim for at least 2.5 hours of moderate-intensity aerobic exercise a week. For safety's sake, talk with your doctor before you significantly increase your activity level.



What to do next

Talk with your doctor about whether a diabetes test is right for you.*

*Check your benefit plan to see what services may be covered.

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