

health awareness



CTSI

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DIABETES

The term diabetes covers several diseases concerning problems with the hormone insulin. The pancreas, an organ behind the stomach, produces insulin to help the body convert food into usable energy. Nearly 1 in 10 Americans have diabetes, and 1 in 3 American adults have prediabetes.

Diabetes occurs when the pancreas doesn't make the correct amount of insulin or when the body does not respond appropriately to insulin; a disorder called insulin resistance. There is no cure for diabetes, but the disease can be managed with medications and by maintaining a healthy diet and lifestyle.

Types of Diabetes

Diabetes can take several forms and is classified as type 1 or 2, depending on how the body responds to insulin.

In type 1 diabetes, the body's immune system destroys cells that produce insulin, so blood sugar or glucose builds up in the bloodstream instead of being transported to the cells. The cause of type 1 diabetes is unknown, and it can develop in anyone at any age or weight.

Type 2 diabetes is the most common form of the disease; it occurs when cells stop responding effectively to insulin. The pancreas can't produce enough insulin to prevent

elevated blood sugar.

Genetic and environmental factors contribute to developing type 2 diabetes, as does being overweight. However, people at a healthy weight can still develop the disease. People who store fat in their abdomens, waist circumference above 40 inches for men or 35 inches for women, are at an increased risk for developing type 2 diabetes.

Other risk factors include a sedentary lifestyle, family history of the disease, being over 45, prediabetes, polycystic ovary syndrome, or African, Hispanic, Native American, or Asian ancestry. Women who

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developed gestational diabetes while pregnant are also at increased risk of developing type 2 diabetes.

Signs & Symptoms of Type 2

Type 2 diabetes can develop slowly, and people often live with the disease for years without realizing it. Anyone with the following symptoms should consult their doctor:

- Increased thirst
- Frequent urination
- Increased hunger
- Unintended weight loss
- Fatigue
- Blurred vision
- Slow-healing sores
- Frequent infections
- Numbness or tingling in the hands or feet
- Areas of darkened skin, usually in the armpits and neck

Left untreated, diabetes can cause organ damage impacting the heart, blood vessels, nerves, eyes, and kidneys. While there is no cure for the disease, a healthy diet, regular exercise, and losing weight can help slow or prevent disease progression, especially for people with prediabetes. 

Benefits Corner

Deductibles Reset & New ID Cards Issued Only for Enrollment Changes

A new year means insurance deductibles reset. All deductibles and out-of-pocket maximums for medical, prescriptions, dental, and vision start new effective January 1, 2022. Prescriptions have a separate deductible, so you will see an increase in your prescription costs until your deductible has been met.

Open enrollment is currently ongoing for Supplemental Life/Dependent life. During open enrollment employees will not have to go through underwriting and can get up to the guaranteed issue amount for a 1/1/2022 effective date. Please update your beneficiaries if needed.

As a reminder, you will only receive a new ID card for your health insurance plan in 2022 if you made changes to your benefits and/or enrollment. Your current card is still valid for 2022. However, if you lose a card or need additional cards you may request them from Anthem by calling Anthem Customer Services at 866 698 0087 or by going online to www.anthem.com and completing the following steps:

1. Log in with your member information.
2. On the main screen, click on "Request ID Card."
3. Check who on your plan, either yourself or your dependents, needs a new card.
4. Click one of the following options: Print, Email, Fax, Mail, or Download to receive your new card.

You also have the option of downloading the Anthem Anywhere App to your smart phone. Once you set up your account on the app, you can pull up a digital version of your ID card. You may also contact your County Health Pool Benefits Administrator for assistance with getting a new ID card.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

