



## Symptoms of Diabetes



Always Hungry



Always Tired



Increased Thirst



Frequent Urination



Nausea



Blurry Vision



Sudden Weight Loss



Sexual Problems



Slow Healing of Wounds

## Diabetes: Are You at Risk?

Talk with your doctor about getting your blood sugar tested if you:

- Are over age 45
- Are pregnant, have given birth to a baby weighing more than nine pounds, or have had gestational diabetes while pregnant
- Are overweight
- Smoke or use tobacco products
- Have a parent or sibling with Type 2 diabetes
- Are not physically active, exercising fewer than three times per week
- Are African American, Hispanic/Latino American, American Indian or Alaska Native
- Have an HDL (high-density lipoprotein) cholesterol level  $\leq 35$  mg/dL
- Have a triglyceride level  $\geq 250$  mg/dL
- Have high blood pressure (hypertension)
- Have polycystic ovarian syndrome
- Have a history of heart disease

### Are You Prediabetic?

Take [this quiz](#) and find out.



## Get Tested!

A simple blood test can detect elevated blood sugar levels. Results are usually available quickly.

Your doctor may use one or more tests to confirm your diagnosis. Some common tests include:

- **A1C:** Measures your average blood sugar level over the past two to three months.
- **Fasting blood sugar:** Measures your blood sugar after not eating overnight.
- **Glucose tolerance:** After not eating overnight, your blood sugar is measured before and after you drink a liquid containing glucose. This can involve several blood tests at intervals of one hour, two hours and possibly three hours after drinking the glucose.

[Click here](#) to learn more about what your test results indicate.

## Get a Free Meter, Supplies and More Through Livongo

Big news for diabetics: You can receive a free glucose meter, unlimited test strips and expert advice through Livongo. This benefit is provided to Cook County CVS plan members at no charge. Learn more, including how to enroll, at [this Cook County website](#).

