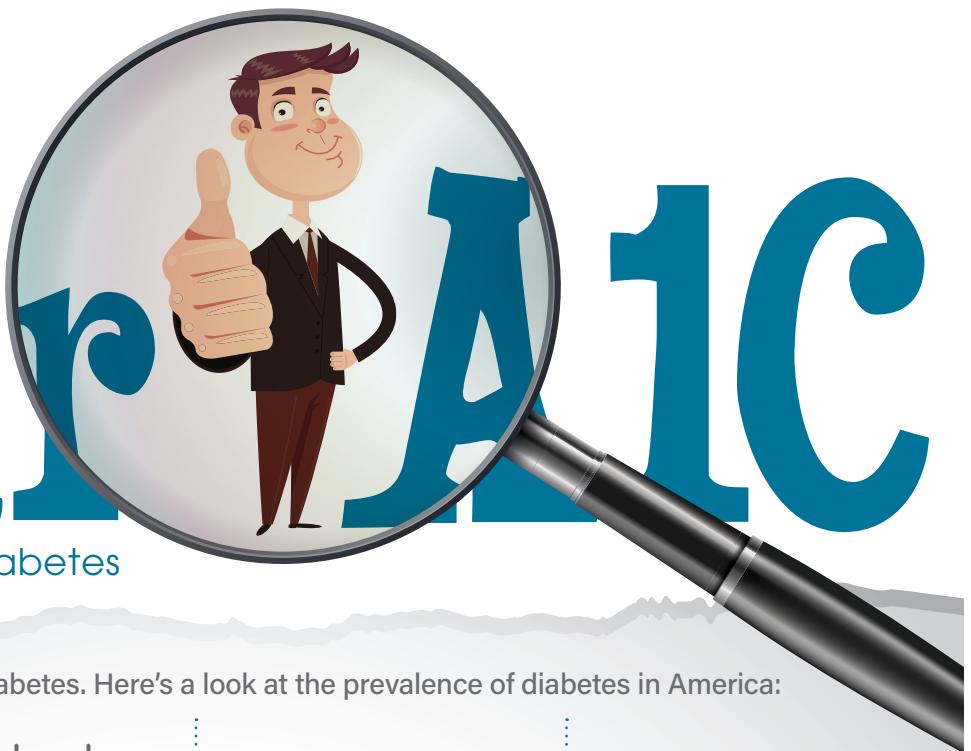


LOOKING AT

Your A1C

Tips for Managing Your Diabetes



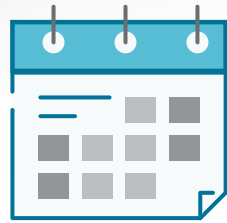
You are not alone in learning to manage diabetes. Here's a look at the prevalence of diabetes in America:



34.2 million people have diabetes (10.5% of the U.S. population).

Of those, **26.9 million** people have been formally diagnosed with diabetes.

7.3 million people have test results that suggest they have diabetes but remain undiagnosed.



1.5 million Americans are diagnosed with diabetes every year.

24.2

24.2 million people ages **65 years or older** have prediabetes.



About 210,000 Americans **under age 20** are estimated to have diagnosed diabetes.



In **2014-2015**, the annual incidence of diagnosed diabetes in youth was estimated at 18,200 with Type 1 diabetes and 5,800 with Type 2 diabetes.

88

88 million people ages **18 years or older** have prediabetes (34.5% of the adult U.S. population).



Taking steps to organize your medical care can help you do more than just live with your diabetes. You can live well.

Managing your diabetes as a part of your everyday life will help you get ahead of your A1C results.

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



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