















# Diabetes Risk factors



Have a parent or sibling with Diabetes

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American Indian,
Asian American,
Pacific Islander or of
Hispanic/Latino heritage

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Have a history of gestational Diabetes and/or a baby weighing more than 9 lbs.

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Total cholesterol > 200 LDL > than 100 HDL < 40 for men and < 50 for women

Triglycerides > 150

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**Smoke** 

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Have unhealthy eating habits

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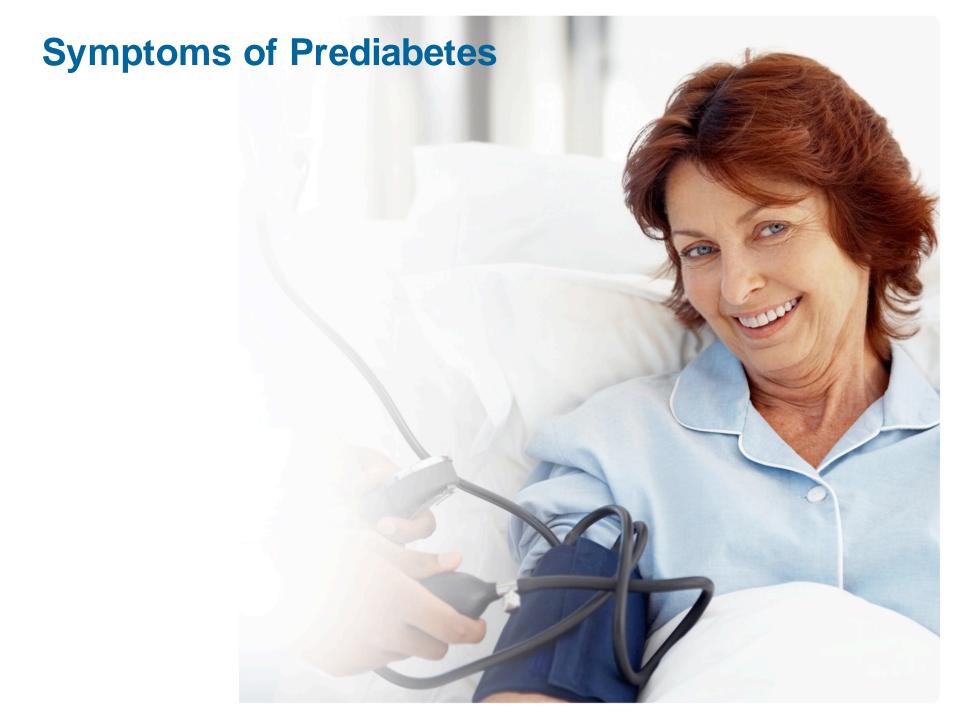
Lack of physical activity



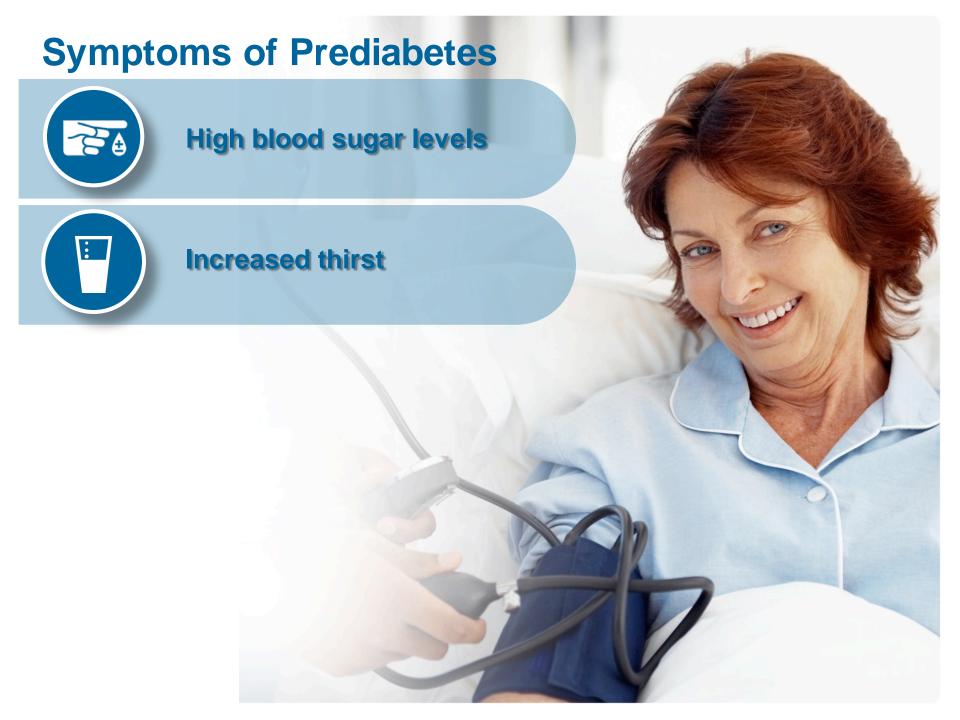
**Smoke** 

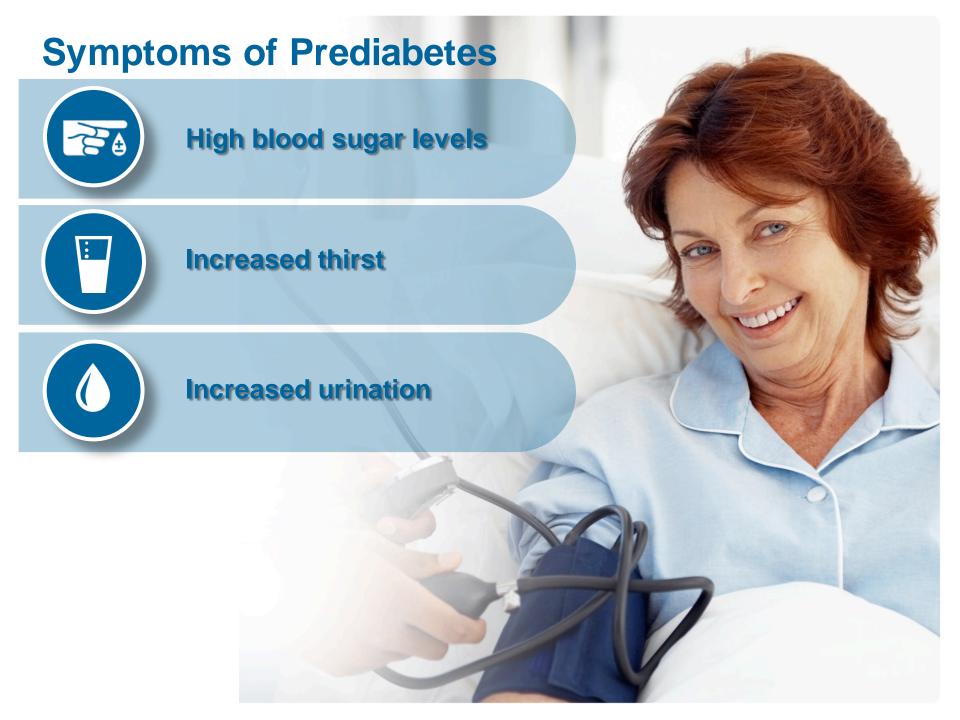


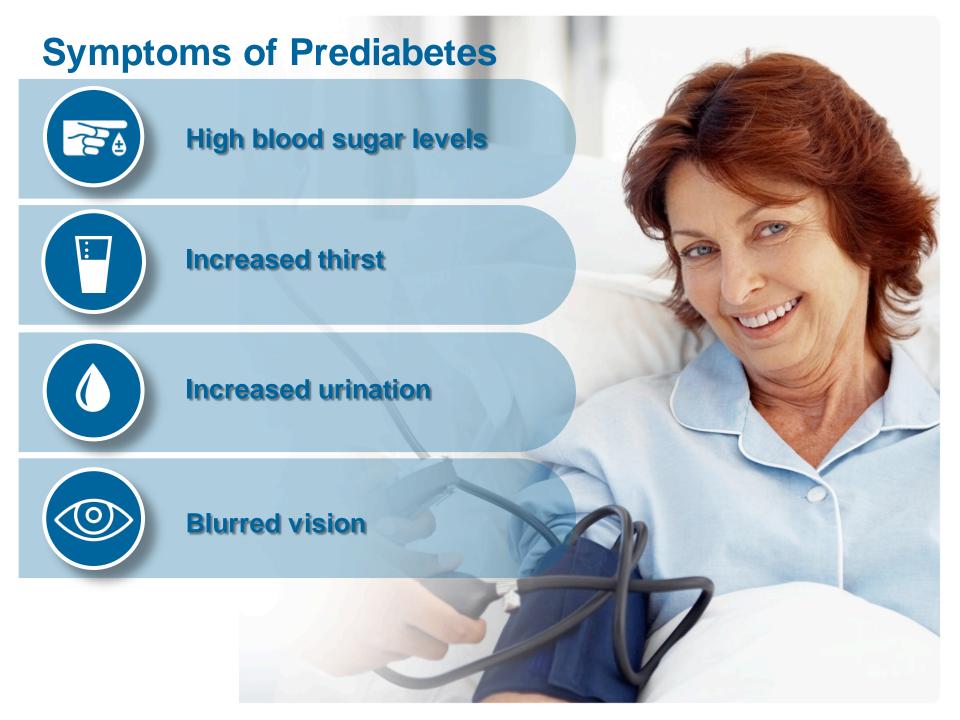
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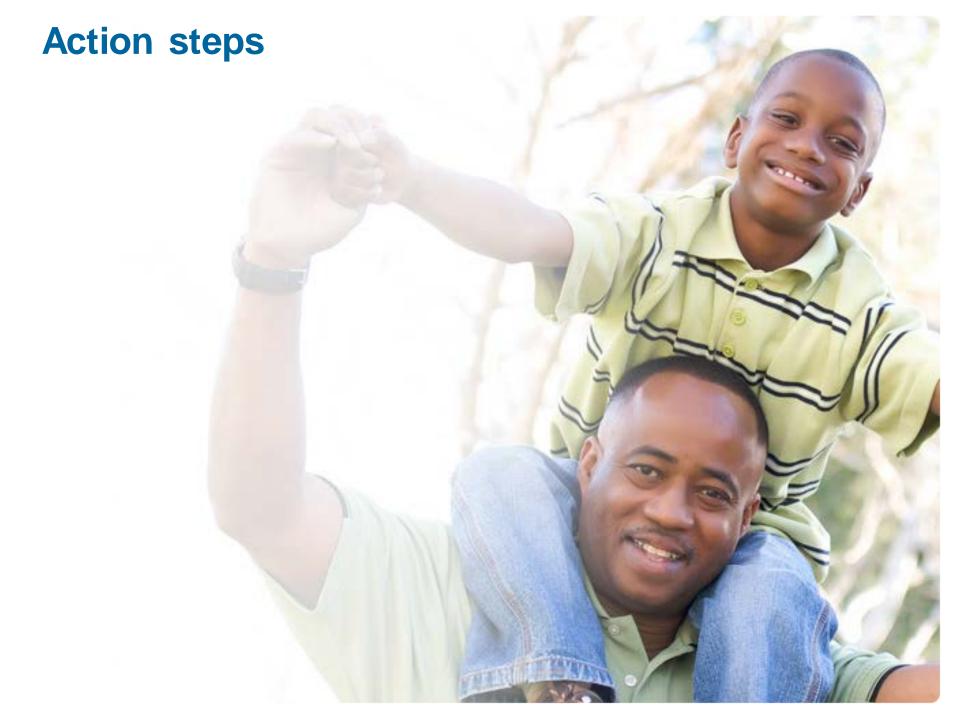


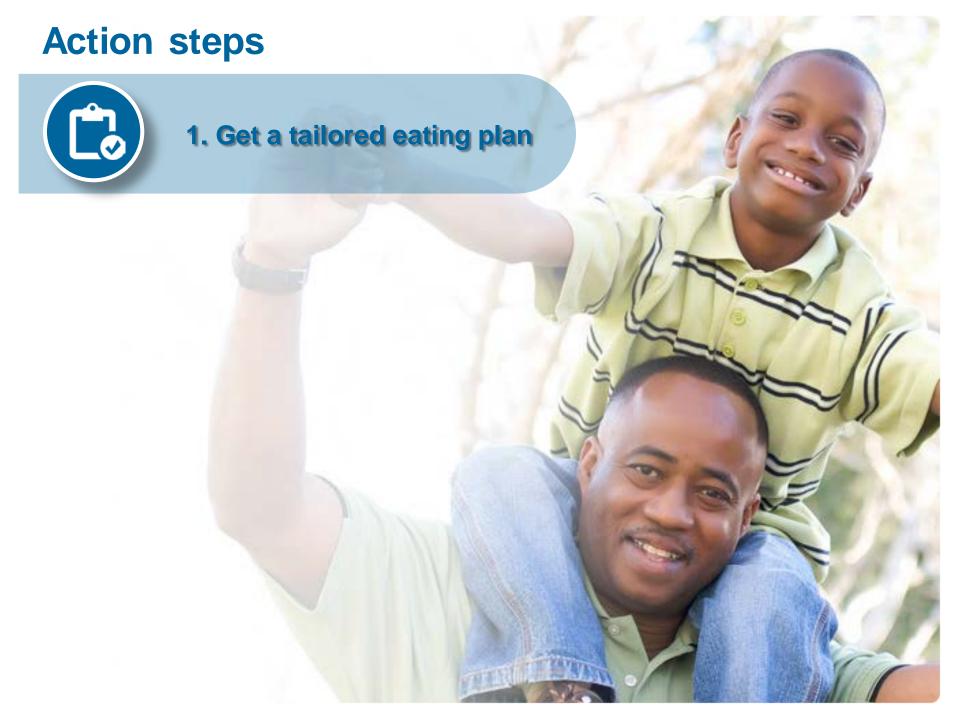
# **Symptoms of Prediabetes** High blood sugar levels **Increased thirst Increased urination Blurred vision Tiredness**















# **Action steps** 1. Get a tailored eating plan 2. Gain control of your cholesterol, blood pressure and blood glucose levels 3. Increase your physical activity levels 4. Eat a variety of healthy foods every day

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### Featured video



#### Description

Learn about how to prevent Type II Diabetes by making healthy lifestyle choices. Learn who is at risk, symptoms of Pre-Diabetes and steps you can take to help prevent developing Diabetes.

3 45 minutes in Fnalish with closed cantions



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3.45 minutes, in English with closed captions



yHome myClaimCenter myBenefitCenter myHealthCenter myCareManagementCenter myPharmacyCenter myTools

O Health Education Library

Health Cost Estimate

Health Cost Estimate

O My Health Tools

myCareManagementCe



learn in watch the vide



**Healthy "U" Teleseminars** 

Learn more about making healthy choices

#### Diagnosed with a new condition? Need help deciding if you should see a doctor or treat at home? Unsure about a possible drug interaction?

If you are looking for reliable health information for yourself or your family, look no further. UMR has partnered with the best sources in health education to provide you with the information you need when you need it.

The Health Education Library provides a wealth of information right at your fingertips.



- Health Encyclopedia
- Symptom Navigator
- Surgery and Procedures
- Care Guides Drug Notes
- Drug Interaction Checker

#### **Care Management Programs**

#### Learn more about our programs

- · Utilization Management
- · Case Management
- · Disease Management Health and Wellness
- Teleseminars
- Maternity Management
- NurseLine

#### **Health Links**

#### Use these health tools

- BMI Calculator
- · Heart Attack Risk Calculator
- . Weight Monitoring Tracking Log
- Walking Log
- . Depression Personal Progress Tool

#### Resources to help you

- · General Health
- · Mental Health Topics
- · Drugs and Supplements
- · Daily Health News
- · Quality Health Information
- · Dental Health Information

#### Wellness Topics

- · Healthy Lifestyle
- Nutrition
- Physical Activity
- · Screening and Immunization
- Tobacco Cessation

#### Professional Health Organizations

- American Diabetes Association





Learn more tools & resources







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Thank you
We value your opinion

### **Important notice**

The content in this presentation should not be considered medical advice. If you are experiencing a medical emergency, you should not rely on any information on this site and should seek appropriate emergency medical assistance, such as calling "911". You should always talk to your health care professionals for diagnosis and treatment, including information regarding which drugs or treatment may be appropriate for you. None of the information in this presentation represents or warrants that any particular drug or treatment is safe, appropriate or effective for you. Health information changes quickly. Therefore, it is always best to confirm information with your health care professionals.

# UMR Healthy U Diploma



This certifies that you have successfully completed:

## **Preventing Diabetes with Lifestyle Choices**

Presented to:

Mary Kaye Sawyer-Morse, PhD, RD

Presented by

Date of completion