

The Path to Understanding Diabetes

(Source: American Diabetes Association)

No matter where you are in your fight, here's where you need to be.

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life—with all the tools, health tips, and food ideas you need.

Wherever you're at with your diabetes, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

Understanding type 1

Here's what you need to know about type 1 diabetes. Type 1 diabetes occurs at every age and in people of every race, shape, and size. There is no shame in having it, and you have a community of people ready to support you. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

Understanding type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and we're here with the tools, resources, and support you need.

READ MORE: <https://www.diabetes.org/diabetes>

DIABETES PREVENTION, TREATMENT AND MANAGEMENT IS A CVCHIP PRIORITY.

CVCHIP'S STRATEGIC PLAN recognizes the importance of working with its Medicare Beneficiaries to help prevent, treat and manage diabetes and has elevated its efforts to boost positive outcomes concerning this chronic disease. CVCHIP is working as well to expand its relationships with organizations advocating on behalf those with diabetes or are prone to it. Managing diabetes is a key factor for improving health status and helping to extend life. This approach is also a key factor for containing personal and overall expenses associated with the provision of services to diabetic patients.