

# BEAT DIABETES

## LOWER YOUR RISK WITH LIFESTYLE CHANGES



We're all at risk for developing type 2 diabetes due to excess weight, a non-active lifestyle or family history. Type 2 diabetes can have complications such as nerve, kidney and heart damage. Lifestyle changes can help you to avoid the disease.

### MOVE MORE

Regular exercise can help you lose weight, lower your blood sugar and boost your response to insulin to keep your blood sugar in a normal range. If you aren't active, start out with five or 10 minutes a day. Aim for 30 minutes of exercise a day, five days a week. Then increase your time each week.\*

### LOSE WEIGHT

If you are overweight, losing five to 10 percent of your body weight has the biggest effect on preventing diabetes. Avoid fad diets. Focus on variety and portion control instead as part of an overall healthy eating plan. Add an exercise program for faster results.\*

### EAT HEALTHY

Foods high in fiber such as fruits, vegetables, beans, whole grains, nuts and seeds can help you maintain blood sugar levels. They lower your risk for heart disease and help you lose weight. Read labels. Look for the word "whole" on bread, pasta and cereal. Limit saturated fats and eliminate trans fats. Give up sugary soft drinks and avoid alcohol. They contain carbohydrates that can raise blood sugar.

### QUIT TOBACCO

Smoking can increase your risk of developing diabetes. If you smoke, enroll in a tobacco cessation program, use nicotine-replacement therapy or join a tobacco cessation support group.

You can beat diabetes. Make the little lifestyle changes that can make a big difference in your risk.



### CONCERNED ABOUT DIABETES?

If you're concerned about diabetes, talk to your doctor or call a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428).

\* Talk to your doctor or health care provider before beginning any type of physical activity or weight-loss program.

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