



## Get Tested for Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should.

### A1C Test

One method used to determine if you have diabetes is the A1C test. Testing is simple and results are usually available quickly. A1C is a blood test used to:

- Provide information about a person's average level of blood sugar, called blood glucose, over the past three months.
- Help diagnose Type 2 diabetes, the most common type of diabetes.
- Help diagnose prediabetes, a condition in which your blood sugar is higher than normal, but not high enough to be called diabetes.
- Monitor your condition if you have diabetes.

This test measures how much glucose has been sticking to your red blood cells. Since each red blood cell is replaced by a new one every three to four months, this test tells you how high the glucose levels have been during the life of the cells. If most of your recent blood glucose readings have been near normal, the A1C test will be near normal (usually about 6 to 7 percent).

### Eye Exam

Diabetic eye disease is a serious problem that can lead to loss of sight. Because diabetic eye disease can develop even when your sight is good, regular dilated eye exams are important for finding problems early. Some people may experience vision change. If you have trouble reading, if your vision is blurred or if you see rings around lights, dark spots or flashing lights, you may have eye problems. Be sure to tell your health care team or eye doctor about any eye problems. You should have your eyes dilated and examined once a year. Members diagnosed with diabetes are eligible for a free diabetic eye exam with a Self-Referral Authorization (SRA) voucher. Members can request an SRA voucher by calling 855-838-5897, option 2.

### Blood Pressure

About 70 percent of adults with diabetes have high blood pressure or use prescription medications to lower high blood pressure. Maintaining normal blood pressure control can reduce the risk of eye, kidney and nerve disease by approximately 33 percent, and the risk of heart disease and stroke by approximately 33 to 50 percent. Healthy eating, medications and physical activity can help you bring high blood pressure down.

### Diabetes Free SC

To help reduce diabetes, BlueChoice HealthPlan of South Carolina and the BlueCross BlueShield of South Carolina Foundation has worked with the Alliance for a Healthier South Carolina and the Department of Health and Environmental Control to create Diabetes Free SC. It has three strategic directions. They are:

- To improve pregnancy outcomes and the health of women with or at risk for diabetes.
- To reduce lifelong risk of diabetes in children.
- To prevent diabetes and its complications in adults.

Diabetes Free SC creates long-term partnerships and programs that address its objectives. For more information, visit [www.DiabetesFreeSC.org](http://www.DiabetesFreeSC.org).



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### **My Diabetes Discount Program**

[My Diabetes Discount Program](#) lets members get insulin with a \$0 copayment when they meet program requirements. To qualify for the \$0 insulin copayment, members must meet both of these criteria:

- Have a Type 1 or Type 2 diabetes diagnosis
- Actively be on insulin therapy

If the members meet these qualifications, eligibility requirements for the \$0 copayment are as follows:

- Primary care physician visit (annually)
- Comprehensive metabolic panel (annually)
- Hemoglobin A1C (semiannually)
- Diabetes risk factor assessment of feet and eyes (annually)
- Flu vaccine (annually)
- Diabetes education\*

We assess requirements each quarter. The \$0 insulin copayment will begin the quarter after the member completes all requirements. These requirements must be maintained on an annual basis to continuously receive discounted benefits. The \$0 copayment is available for one year from the start date of the benefit, such as April 1, 2024 through March 31, 2025.

*\*For members under the age of 18, the parent/guardian must meet the diabetes education requirement.*

