

Help your patients steer clear of diabetes

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Are your patients at risk for diabetes? According to the CDC, one in three American adults has prediabetes—and 90% of those don't know they have it. In recognition of Diabetes Prevention Month in November, please help your patients become more aware of the prevalence of diabetes, their risk level, and recommended actions to reduce it.

 [In This Issue](#)

[Red Ribbon Week October 23-31](#) and

[Drug Take Back Day October 29:](#)
Take action to reduce drug misuse

Get patients engaged in diabetes risk awareness and prevention activities

Here are some simple ways to increase patient awareness about diabetes (especially type 2), how to prevent or delay it, and how to reverse prediabetes.

- Encourage your patients to take the one-minute Prediabetes Risk Test on the [CDC website](#) or the [American Diabetes Association \(ADA\) website](#). You can also offer a [printed version](#) of the test as part of your intake process—it's easy for patients and a great way to start the conversation.
- For patients at risk, order screening/testing.
- Help your patients understand that prediabetes is an opportunity to *prevent* diabetes. Encourage them to visit the CDC webpage on [prediabetes](#) for helpful information.
- Introduce your patients to the many diabetes resources available through the CDC and share information such as this eye-catching [infographic](#) in your office.

- Talk with patients about these five healthy habits the CDC recommends to prevent type 2 diabetes:
 - Get at least 30 minutes of physical activity five times a week.
 - Keep body weight within a healthy range.
 - Eat healthy foods, including lots of fruits and veggies.
 - Drink more water and fewer sugary drinks.
 - Don't smoke.
- For patients who need personal support to make preventive lifestyle changes, refer them to a diabetes care and education specialist.
- For BCBSAZ members struggling to adhere to their treatment plan, refer them to our Integrated Care Management team at or call 602-544-8982 or 1-877-475-8449.

Thank you!

The work you do to increase diabetes risk awareness and encourage preventive action can make a huge difference in the quality of life for your patients and their families for years to come. Thank you for being a vital part of this effort.

In This Issue:

- Encourage your patients to lower diabetes risks
 - November 1: How to bill for inpatient encounters
 - Restore pre-pandemic rates for health screenings
 - Updated criteria for colorectal cancer screenings
 - P2P warmline: Call for the latest COVID updates
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BCBSAZ member ID cards are available for download via eligibility and benefits search results.