



## November: Diabetes Awareness



If you're newly diagnosed or have diabetes this is a great month to start exploring tools and classes to live a healthier lifestyle with diabetes. There are two types of diabetes, type 1 is an autoimmune disease and with type 2, the body does not use insulin properly.

First, if there is concern that you may have diabetes and aren't diagnosed, talk with your primary care provider or find one on [anthem.com](https://anthem.com) under the "Find a Provider" feature.

There are many common symptoms of diabetes.

### Common symptoms of diabetes are:

- Urinating often
- Feeling thirsty
- Extreme fatigue
- Blurry vision
- Weight loss (type 1)
- Tingling, pain, or numbness in hands/feet (type 2)

### Looking for more information?

About  
Diabetes



Cooking  
Classes



National  
Diabetes  
Month



Be sure to visit  
the ChallengeME  
website:



### Diabetes Risk Test

You can also determine if you're at risk for type 2 diabetes by visiting (<https://diabetes.org/diabetes-risk-test>). If your risk is high the National Diabetes Prevention Program has been proven to reduce your risk by guiding you through lifestyle changes in a class setting. The class will help to keep you accountable and provide health-related content. Please contact Baylee Doughty at 207-592-5598 for the next class she is hosting with MaineGeneral at MaineDOT.

### Recipes and Cooking Classes

If you're new to cooking with diabetes, the American Diabetes Association offers free, live virtual cooking classes monthly. Visit: <https://diabetesfoodhub.org/cooking-classes> for past and upcoming classes.

### State of Maine FREE Diabetes Benefits

There are two programs the State of Maine offers to support those with diabetes and to help employees lose weight. Programs are listed below.

#### 1. Livongo

A diabetes support program that provides diabetes supplies and coaching at no cost to you!

#### 2. Virta

Virta is a virtual clinic that can help health plan members reduce medications, sustainably lose weight, and reverse type 2 diabetes, at no additional cost.