



Let's Move

by UnitedHealthcare®

November 2025



November is National Diabetes Month

Learn about diabetes

Diabetes occurs when blood glucose, or blood sugar, is too high. Glucose comes from the food you eat and is also made in the liver and muscles. The body produces the chemical insulin, which attaches to the body's cells to absorb glucose from the bloodstream. The cells then turn the glucose into energy, which everyone needs. Without enough insulin, however, the glucose doesn't make it into the cells. It just stays in the blood, and blood sugar levels get too high, which may result in diabetes.

The 2 most common types of diabetes are:

Type 1: The pancreas makes little or no insulin. This occurs most commonly in young people. **Type 2:** The pancreas makes too little insulin. Or the body can't use insulin the way it should.

Medications

If you have diabetes, your doctor may prescribe one or more medications to treat the condition. Some can help control blood sugar. Some help prevent other health risks. Talk to your doctor about which medications are right for you.

Some diabetes medications are taken as a pill. Others, like insulin, are taken as a shot. **Angiotensin-converting enzyme (ACE) inhibitor** or **angiotensin receptor blocker (ARB)** medications lower blood pressure and reduce strain on the heart caused by diabetes. These medications may reduce your risk of having a heart attack or dying from heart disease. Other drugs called **statins** lower LDL cholesterol, which can be abnormally high due to diabetes. Statins work to keep arteries clear and open.

**United
Healthcare®**
Group Medicare Advantage



Getting care for diabetes

See your doctor for your routine diabetes care, and talk with your doctor about the importance of taking care of yourself and keeping your diabetes under control.

At each visit, you should have:

- Blood pressure check
- Weight check
- Foot check

Twice a year, you should have:

- A1C blood test (your doctor may have you tested more often)
- Dental exam to prevent tooth and gum problems

Once a year, you should have:

- Cholesterol check
- Eye exam (retinal) to check for problems and help prevent vision loss
- Urine test to check for kidney problems
- Flu shot

November is National Family Caregivers Month, learn more about:



What is a caregiver?

Every care situation is different – and so is every caregiver. You may provide caregiver services for a close friend, family member or another person you feel responsible to help. A caregiver is generally a person who provides unpaid assistance with activities of daily living and, sometimes, medical tasks.



Helpful resources for managing medical care

You may have medical questions and problems that come up as you're caregiving. Whether you're making health care appointments, dealing with a potential hospitalization or coordinating home care needs, you can find caregiving resources to help, including guides for specific health care needs.



Helpful tools to stay organized

Caring for a family member or friend can feel overwhelming. Having more information about caregiving and tools to help you stay organized may help you feel more confident to meet each day's demands.



Helpful organizations and support

You can find caregiver resources and programs through national and local organizations. These resources include caregiver support groups and events, home care services, respite care, adult day centers, geriatric case managers and more.



Check out Let's Move by UnitedHealthcare resources, tools and events at letsmovebyuhc.com.

member.uhc.com/myuhc/content/dam/myuhc/pdfs/communityplan/dm/DM_Diabetes_Brochure_Adult_English.pdf

www.uhc.com/health-and-wellness/caregiver-resources/caregiving-and-managing-medical-care

www.uhc.com/health-and-wellness/caregiver-resources/in-home-health-care

www.uhc.com/health-and-wellness/caregiver-resources/hospice-care-and-help-for-caregivers

www.uhc.com/health-and-wellness/caregiver-resources/caregiver-support-organizations

www.uhc.com/health-and-wellness/caregiver-resources

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

Information is for educational purposes only and is not a substitute for the advice of a licensed medical provider. Consult your provider prior to beginning an exercise program or making changes to your lifestyle or health care routine.

© 2025 United HealthCare Services, Inc. All Rights Reserved.

Y0066_P2465650_091825_C

P2465650