

## NOVEMBER IS NATIONAL DIABETES MONTH Observed to Raise Awareness and Promote Healthy Living

November is National Diabetes Month in the United States, with World Diabetes Day celebrated globally on November 14. This observance is an opportunity to raise awareness of symptoms, promote healthy living, and ensure that people are aware of the risk factors of diabetes.

According to the Centers for Disease Control and Prevention (CDC), 34.2 million Americans – just over one in ten -- have diabetes. And another 88 million American adults are at risk for developing type 2 diabetes. Diabetes can cause blindness, nerve damage, kidney disease, and other health problems if it is not controlled. The good news is that people who are at high risk for type 2 diabetes can lower their risk by making changes such as eating healthy, getting more physical activity, and stop smoking. Please visit the [CDC website](#) for more information on diabetes.

National Diabetes Month is a great time for raising awareness about diabetes risk factors and for encouraging people to make healthy changes. Various organizations promote awareness campaigns and hold fundraising events throughout the month. For the millions at risk, it's a time to get educated, find resources, and help ensure family and friends are aware of their risk as well.

### Resources Available on the Provider Resource Center

Highmark provides diabetes educational brochures and tools to share with your patients to help in educating and promoting awareness of diabetes. You can order printed copies of the member materials to make them available to your patients during office visits or for mailing to their homes.

The following materials are available to view and order on the Provider Resource Center. To access and order these resources, select **EDUCATION/MANUALS** from the main menu on the Provider Resource Center, and then click on **Educational Resources – Member and Provider**.

#### For members:

- [Diabetes Eye Exam Screening Reminder Card](#)
- [Diabetes Management Brochure and Tracker](#)
- [Diabetes Prevention Brochure](#)

#### For providers:

Under **PROVIDER TOOLS AND RESOURCES** on this page, the [Diabetic Retinopathy Eye Examination Report Template](#) is available. It is an online fillable form which you can personalize by inserting your office logo and/or practice name.