

Some Small Steps To Get You Started

Ask your doctor or other health care provider about a free test to see if you have diabetes or pre-diabetes. And do it soon.

For information about diabetes and pre-diabetes:

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
www.diabetes.org

The National Diabetes Education Program
1-800-438-5383
www.ndep.nih.gov

Medicare
1-800-MEDICARE (1-800-633-4227)
www.medicare.gov/health/diabetes.asp



www.screenfordiabetes.org



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**DIABETES SCREENING:
Medicare Benefits for Better Health**

“Could I have diabetes and not know it?”



Now seniors can get a free screening test and find out.

Of all Americans who are age 65 and older, nearly 3 out of 4 of them have diabetes or pre-diabetes. But many may not know it. Could you be one of them?

The next time you see your doctor or other health care provider, ask about a free test for diabetes, covered by Medicare.



Knowing Is Better Than Not Knowing

Get checked for diabetes. If you find out that you do have diabetes, you can begin to take care of it.

You can work with your doctor and other health care providers to get in control of your diabetes. Good control can reduce your chances of a heart attack, stroke, blindness, kidney disease, or amputations.

After getting checked, you might instead learn that you have pre-diabetes. If so, you can take steps to prevent or delay diabetes.



Nearly 3 out of 4 who are age 65 or older have diabetes or pre-diabetes.

Medicare Covers Testing For Diabetes



Most people who are age 65 and older on Medicare can get a free test for diabetes, once a year.

If you learn that you have pre-diabetes, you can get another free test six months later. And you can talk to your doctor or other health care provider about things you can do to help prevent or delay diabetes.

