

## **DIABETES SCREENING AND SELF- MANAGEMENT TRAINING**



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

**Diabetes Screening and Self-Management Training** is one of the preventive services that is covered by Medicare.

### **What is it?**

Diabetes is a medical condition in which your body doesn't make enough insulin, or has a reduced response to insulin. Diabetes causes your blood sugar to be too high because your body needs insulin to use sugar properly. A high blood sugar level isn't good for your health. Medicare covers a blood screening test to check for diabetes for people at risk. For people with diabetes, Medicare covers educational training to help manage their diabetes.

### **Risk Factors:**

You're considered at risk if you have high blood pressure, dyslipidemia (history of abnormal cholesterol and triglyceride levels), obesity, or a history of high blood sugar (glucose). Medicare also covers these tests if 2 or more of these apply to you:

- You're age 65 or older.
- You're overweight.

- You have a family history of diabetes (parent, brothers, or sisters).
- You have a history of gestational diabetes (diabetes during pregnancy), or you've had a baby weighing more than 9 pounds.

**Who's covered?**

People who are at risk for diabetes and get a referral from a doctor.

**How often is it covered?**

Based on the results of your screening tests, you may be eligible for up to 2 diabetes screening per year.

**Your cost if you have Original Medicare**

You pay nothing for this screening.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at [alcastellanos@prinsuco.com](mailto:alcastellanos@prinsuco.com).