

# Postal Service Employees and Annuitants

## Are you at risk for diabetes?



### Did you know adults living in Hawaii have a 50% chance of having either diabetes or prediabetes?

You are also at higher risk of developing it if a parent or sibling has diabetes, if you have high blood pressure, or if you're overweight.

The good news? Diabetes can be reversed with healthy habits and lifestyle changes. On the next page, learn three easy steps you can take to prevent or reverse diabetes.



An Independent Licensee of the Blue Cross and Blue Shield Association



## Take these three easy steps:



### 1. Take the diabetes risk test.

To see if you're at risk, take the test on the following page or at [cdc.gov/diabetes/takethetest](https://cdc.gov/diabetes/takethetest).



### 2. Talk to your doctor about your results.

Schedule a visit with your primary care provider or connect via telehealth to discuss your results. Remember that you get an annual preventive care visit at little or no cost when you see a primary care provider (PCP) in HMSA's network. For details about your plan benefits, check your *Guide to Benefits*.



### 3. Take advantage of your HMSA plan benefits.

As an HMSA member, you have access to programs like the **Diabetes Prevention Program** at no additional cost. This Centers for Disease Control and Prevention-recognized lifestyle change program will connect you to a qualified health care professional who can help you lower your risk of developing type 2 diabetes by more than half. Get lessons, handouts, group support, and resources that will help you get and stay on track. Call one of our participating providers below or scan the QR code for more information.



### Not yet ready to sign up for the Diabetes Prevention Program?

Connect with an HMSA health coach to set nutrition, exercise, and stress and weight management goals customized just for you. Visit [hmsa.com/well-being/health-coaching/](https://hmsa.com/well-being/health-coaching/) or call 1 (855) 329-5461, Monday through Friday, 8 a.m. to 5 p.m.

- The Queen's Medical Center – West O'ahu, (808) 691-3370.
- National Kidney Foundation of Hawaii, (808) 589-5906.
- KTA Puainako Pharmacy, (808) 959-8700.

# Prediabetes Risk Test

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**

## 1. How old are you?

Younger than 40 years (0 points)  
40–49 years (1 point)  
50–59 years (2 points)  
60 years or older (3 points)

Write your score in the boxes below

## 2. Are you a man or a woman?

Man (1 point) Woman (0 points)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

## 4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

## 6. Are you physically active?

Yes (0 points) No (1 point)

## 7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

## You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at [cdc.gov/diabetes/prevention/lifestyle-program](http://cdc.gov/diabetes/prevention/lifestyle-program).

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



# Serving you

[hmsa.com/postal](https://hmsa.com/postal)

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to [hmsa.com/contact](https://hmsa.com/contact) before your visit.

## **HMSA Center in Honolulu**

818 Keeaumoku St.

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

## **HMSA Center in Pearl City**

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

## **HMSA Center in Hilo**

Waiakea Center | 303A E. Makaala St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

## **HMSA Center in Kahului**

Puunene Shopping Center | 70 Hookele St., Suite 1220

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–1 p.m.

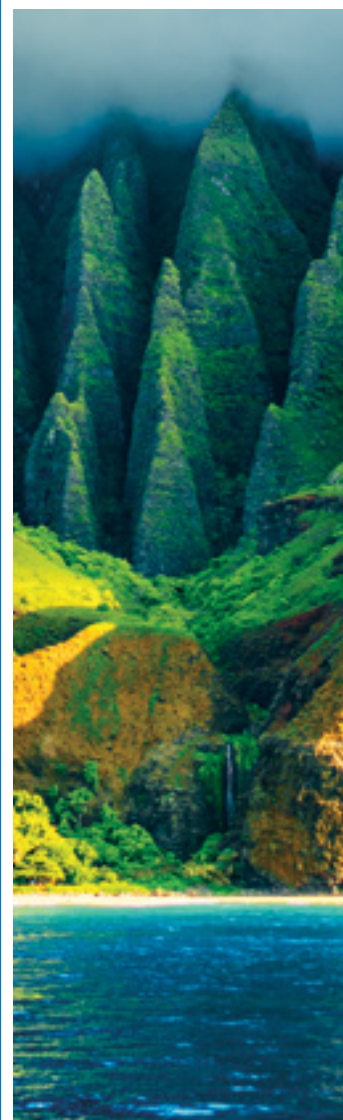
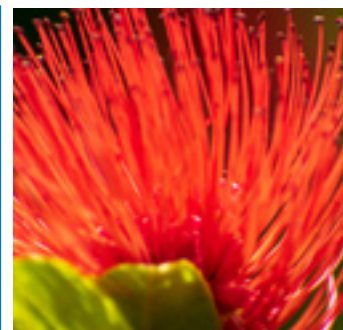
## **HMSA Center in Lihue**

Kuhio Medical Center | 3-3295 Kuhio Highway, Suite 202

Monday–Friday, 8 a.m.–4 p.m.

Contact HMSA. We're here with you.

Call (808) 948-6499 or 1 (800) 776-4672.



Together, we improve the lives of our members and the health of Hawaii.  
Caring for our families, friends, and neighbors is our privilege.

