



## **“Could I have diabetes and not know it?”**

If you are 65 or older, check off the boxes if you have any of the following:

- Family history of diabetes
- High blood pressure
- High cholesterol
- Overweight
- History of diabetes during pregnancy

If you marked any of the boxes above, you are eligible for a free test to check for diabetes, covered by Medicare. Ask your doctor to check you for diabetes, and do it soon!



For more information about this free Medicare benefit, contact  
Gina Valentine  
Carroll County Bureau of Aging  
410-386-3800

**MedicareDiabetes**  
Screening Project

# MedicareDiabetes Screening Project

## Participating Organizations:

Administration on Aging

America's Health Insurance Plans –  
AHIP

American Academy of Physician  
Assistants

American Association of Diabetes  
Educators

American Clinical Laboratory  
Association

American College of Physicians

American Diabetes Association

American Dietetic Association

American Medical Association

American Optometric Association

Avalere Health

Center for Health Transformation

DMAA: The Care Continuum Alliance

Healthcare Leadership Council

Healthways

National Association of Area Agencies  
on Aging – n4a

National Black Nurses Association

National Council on Aging

Novo Nordisk Inc.

Vision Service Plan – VSP

XL Health



# Want to know a secret?

Medicare covers screening  
for diabetes and pre-diabetes.

Pass it on.

61% of Americans aged 65 and older have diabetes or pre-diabetes.  
Could you be one of them?

That's why government, professional and private sector organizations, co-chaired by the American Diabetes Association, Healthcare Leadership Council, and Novo Nordisk Inc., are joining forces to create awareness of the screening benefits for diabetes and pre-diabetes available under Medicare.

Millions of seniors are not getting the treatment they need to prevent complications from diabetes such as heart disease, stroke, blindness, kidney disease and amputations. And millions more may be missing a chance to prevent or delay the onset of diabetes.

*Help us get the message out about diabetes screening.*  
**This is one secret we don't want to keep.**

A National Drive to  
Find the Undiagnosed

**MedicareDiabetes**  
Screening Project

[www.screenfordiabetes.org](http://www.screenfordiabetes.org)

The MDSP is a coalition sponsored by Novo Nordisk with additional support from partner organizations.

## 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](http://www.diabetes.org)

The National Diabetes Education Program  
**1-800-438-5383**  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

Medicare  
**1-800-MEDICARE (1-800-633-4227)**  
[www.medicare.gov/health/diabetes.asp](http://www.medicare.gov/health/diabetes.asp)

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# “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.

**MedicareDiabetes**  
Screening Project

## 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.



**Get a  
FREE TEST  
FOR  
DIABETES**