



Diabetes Update 2025

November 2025

United
Healthcare

What is insulin and diabetes?

Insulin is a hormone that regulates blood glucose.

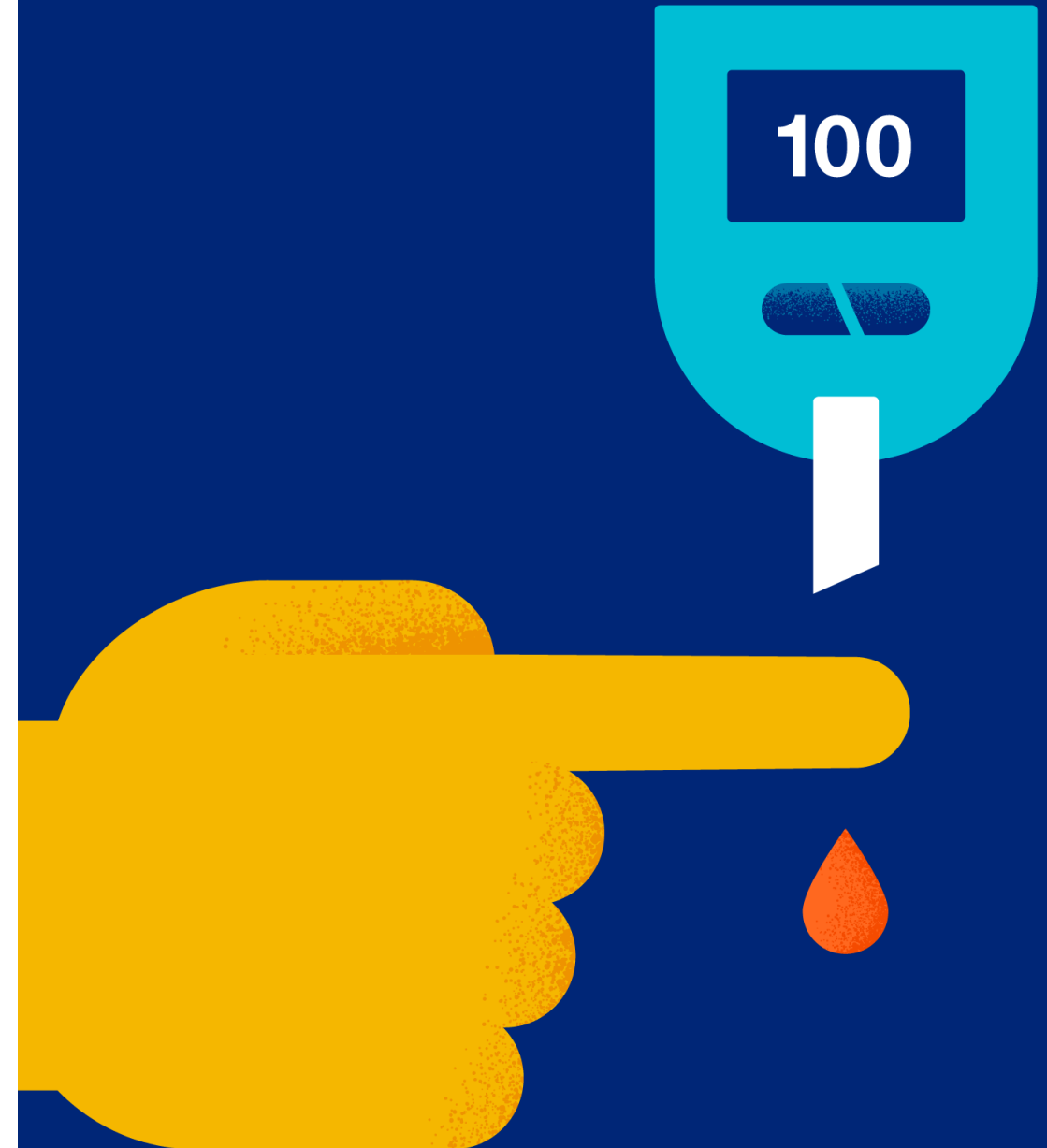
Diabetes is a chronic disease that occurs either when your pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

If diabetes remains uncontrolled, hyperglycemia, or raised blood sugar, can lead to serious damage to many of the body's systems, including your heart, eyes, kidney and brain.

World Health Organization (WHO). "Diabetes," [who.int/news-room/fact-sheets/detail/diabetes](https://www.who.int/news-room/fact-sheets/detail/diabetes). Accessed November 2023.



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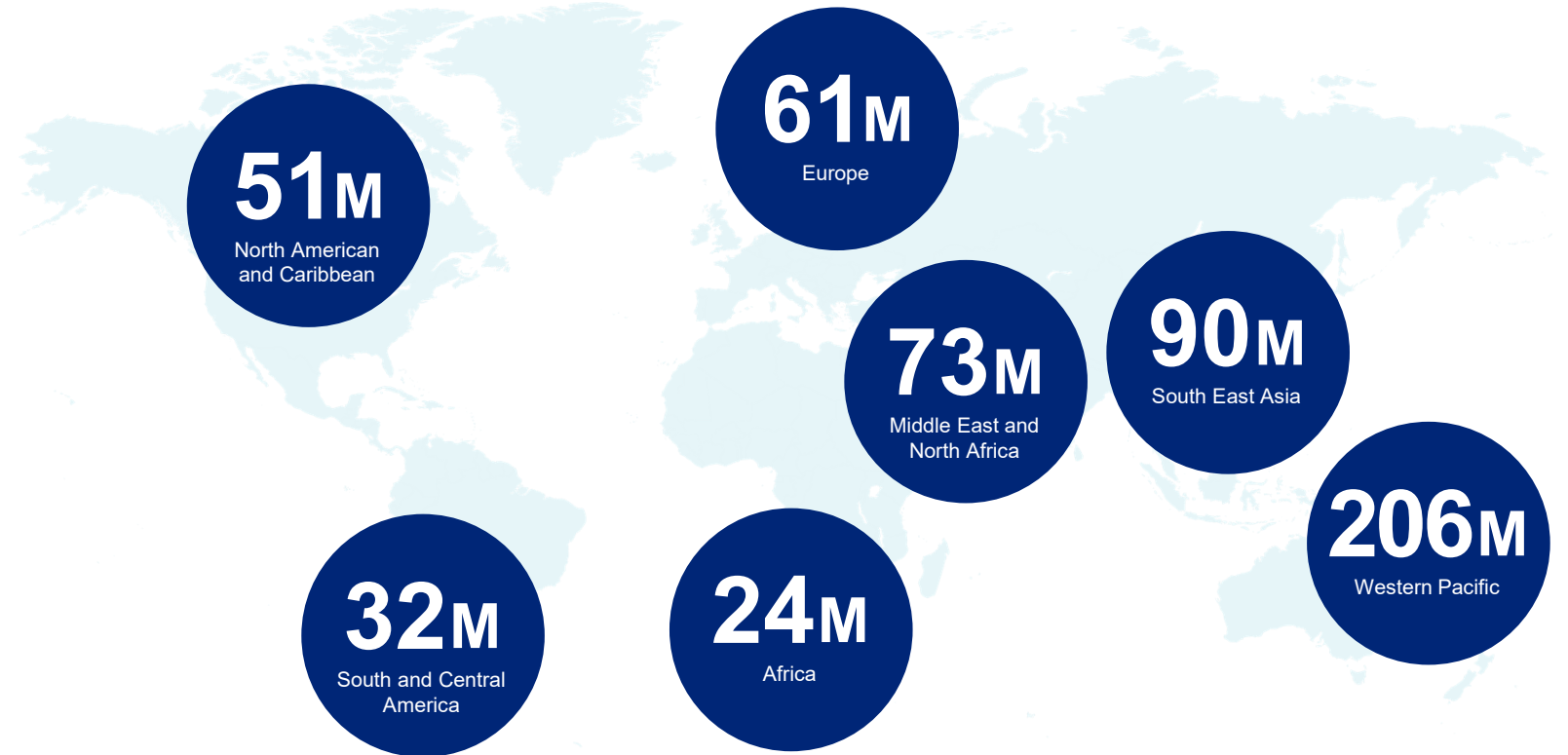
Diabetes around the world

537 million (1 in 10) adults are living with diabetes.

This number is predicted to rise to 643 million by 2030 and 783 million by 2045.

6.7M

global deaths due to diabetes annually



International Diabetes Federation. "Diabetes around the world in 2021," diabetesatlas.org. Accessed November 2023.



Types of diabetes



Pre-diabetes

- Elevated blood glucose
- Can lead to heart disease, stroke, diabetes
- Can be reversed



Type 1 diabetes

- The body cannot make insulin
- Requires daily administration of insulin
- Unknown cause, no cure



Type 2 diabetes

- Body cannot properly use insulin
- Can be treated with healthy lifestyle and medication
- Most common type; is preventable

Centers for Disease Control and Prevention (CDC). "What is Diabetes?" cdc.gov/diabetes/basics/diabetes.html. Accessed November 2023.



Preventing diabetes



Eat healthy foods



Stay active



Maintain a healthy weight



Stop smoking



Take medications as needed

Mayo Clinic. "Prediabetes," mayoclinic.org/diseases-conditions/prediabetes/diagnosis-treatment/drc-20355284. Accessed October 2022.



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Managing diabetes

A is for HbA1C/A1C

B is for blood pressure

C is for cholesterol

UpToDate. "Patient education: The ABCs of diabetes (The Basics)". uptodate.com/contents/the-abc-of-diabetes-the-basics#!. Accessed November 2023.



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Diabetes and HbA₁C

Test twice a year and aim for an

A₁C of 7 or less

UpToDate. "Patient education: The ABCs of diabetes (The Basics)". uptodate.com/contents/the-abc-of-diabetes-the-basics#!. Accessed November 2023.



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Diabetes and blood pressure

Check regularly and aim for

**130/80
or less**

Medscape. "ADA Advises New BP, Lipid Targets for People With Diabetes."
<https://www.medscape.com/viewarticle/985482?form=fp>. Accessed November 2023.



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Diabetes and cholesterol

Aim for an LDL of ¹

**70
or less**

and below 55 if you
have heart disease or other
risk factors

Aim for an HDL of ²

**50/40
or greater**

men/women

Aim for triglycerides level of ²

**150
or less**

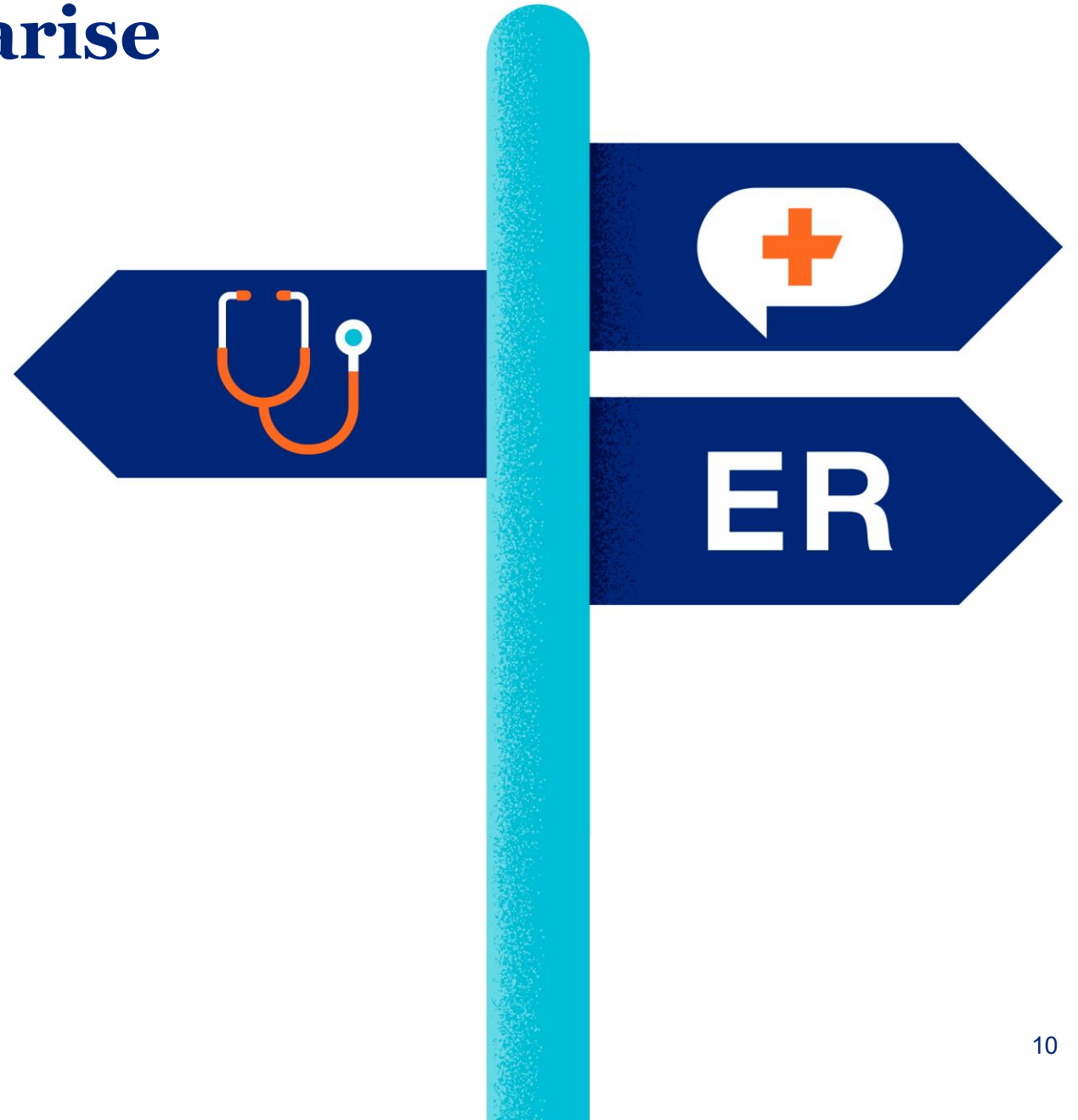
1. Medscape. "ADA Advises New BP, Lipid Targets for People With Diabetes." <https://www.medscape.com/viewarticle/985482?form=fp>. Accessed November 2023.

2. NIH. "Cholesterol Levels: What You Need to Know." medlineplus.gov/cholesterollevelswhatyouneedtoknow.html. Accessed November 2023.



Complications that can arise

- Heart disease, stroke or heart attacks
- Blindness
- Kidney failure
- Lower limb amputation
- Nerve damage
- Non-alcoholic fatty liver disease
- Oral complications



International Diabetes Foundation (IDF). "Diabetes Complications."
idf.org/aboutdiabetes/complications.html. Accessed November 2023.



Monitoring and technology

Continuous glucose monitoring (CGM) systems

- Measure your glucose with no finger sticks required
- Show trends
- Display real-time glucose data including changes based on food and activity

Your doctor will work with your medical or pharmacy provider to determine eligibility.

National Institutes of Health National Library of Medicine, "Continuous glucose monitoring in persons with type 2 diabetes not using insulin". pubmed.ncbi.nlm.nih.gov/34633261/. Accessed November 2023.



Medications

Several classes of medications help manage diabetes. Each class works in different ways, such as:

- Causing the pancreas to make and release more insulin
- Limiting the liver's ability to make and release sugar
- Blocking the action of enzymes in the intestines that break down carbohydrates, slowing how quickly cells take in carbohydrates
- Improving cell sensitivity to insulin
- Limiting the kidneys' ability to take in sugar, which increases the amount of sugar that leaves the body in urine
- Slowing how quickly food moves through the stomach

Mayo Clinic. "Diabetes treatment: Medications for type 2 diabetes". [mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-treatment/art-20051004](https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-treatment/art-20051004). Accessed November 2023.



Living well with diabetes

- Eat a healthy diet
- Increase physical activity
- Monitor blood sugar
- Take medications as prescribed
- Don't smoke
- Learn to manage stress
- Cope with emotional side of diabetes
- Go to checkups

CDC. "Living Well With Diabetes". cdc.gov/diabetes/library/features/living-well-with-diabetes.html. Accessed November 2023.





Questions?