THE TRUSTEE

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YOUR HEALTH

November Is American Diabetes Month

Every November, American Diabetes Month shines a light on a condition that touches nearly every family. By the CDC's latest count, more than **40 million Americans** are living with diabetes, and more than **115 million adults** have prediabetes. Here is the part that surprises many people: about **11 million** of those living with diabetes do not know they have it.

The good news: type 2 diabetes can often be prevented or delayed, and it starts with a simple blood test.

Know the screening guidelines

The U.S. Preventive Services Task Force recommends screening for prediabetes and type 2 diabetes in **adults ages 35 to 70 who are overweight or have obesity**. Screening is a quick blood test: an A1C, a fasting blood sugar, or a glucose tolerance test. An A1C of 5.7 to 6.4 points to prediabetes, and 6.5 or higher points to diabetes.

Some people should be tested earlier or more often. Talk with your doctor about a screening plan that is right for you if you have:

- A parent, brother, or sister with type 2 diabetes
- A history of gestational diabetes or polycystic ovary syndrome
- Black, Latino, Native American, Pacific Islander, or Asian American heritage, which carries higher risk

Know the warning signs

See your doctor if you notice frequent urination, unusual thirst, unexplained weight loss, extreme tiredness, blurry vision, slow-healing cuts or sores, or tingling in your hands or feet. But many people have **no symptoms at all**, especially with prediabetes, so screening matters even when you feel fine. If you do have prediabetes, there is real power to change course: in CDC-recognized lifestyle programs, people who lost 5 to 7% of their body weight and got about 150 minutes of activity a week cut their risk of type 2 diabetes by up to **58%**.

Your Trust benefits

Schedule your screening with an in-network provider. You can find in-network doctors and labs through the **mycreatehealth** portal or app. If you have questions about your coverage, call the Trust office at **844-583-3863**.

Take one step this month

If you are thirty-five or older and have not had your blood sugar checked recently, make the call this November. And if someone you care about is putting off a checkup, a gentle reminder may be just what they need.

Sources

Centers for Disease Control and Prevention. National Diabetes Statistics Report (January 2026), as summarized by the American Diabetes Association, "Statistics About Diabetes." diabetes.org/about-us/statistics/about-diabetes.

U.S. Preventive Services Task Force. "Prediabetes and Type 2 Diabetes: Screening," Final Recommendation Statement, August 2021. uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes

Centers for Disease Control and Prevention. "National Diabetes Prevention Program." cdc.gov/diabetes

FOR ALL MEMBERS

Get the mycreatehealth App

Visit **mycreatehealth.com** or download the **mycreatehealth** app to manage your benefits.

With your account you can:

- View your Explanation of Benefits (EOBs)
- Check the status of claims that have been filed
- Find in-network providers using the provider list
- Check the status of preauthorization requests submitted by your doctor
- Access plan forms, and much more

Other Coverage

If you have medical or dental insurance in addition to your Kingston Trust Fund coverage, **you must notify the Trust**. There are rules regarding primary and secondary coverage.

It is the member's responsibility to notify the Trust of all other coverage available to them and their covered family members. **Failure to do so may require repayment or loss of coverage.** Send other coverage information to **enrollment@ktftrustfund.com** or call the Trust office at **844-583-3863**.

In Memoriam

We remember this member and extend our sympathy to her family and friends.

Patricia Dallas *Marguerite Stoddard*

Contact the Trust Office

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