Do you have questions?
Call our 24-hour Nurse Advice Line.
We are here to help you.

English:
(888) 275-8750
Español:
(866) 648-3537
TTY/TDD:
711

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and accessible formats, please call Member
Services. This number is on the back of
your Member ID card.

MolinaHealthcare.com
What is **insulin**?
Your body turns the food you eat into blood glucose (blood sugar). Insulin tells your cells to absorb this blood glucose to use for energy.

**What is type-2 diabetes?**
Type-2 diabetes occurs when your body either resists the effects of insulin, or does not make enough insulin to maintain a normal blood glucose level.

**How do you know if you have type-2 diabetes?**
Not everyone has symptoms. Your provider can give you a simple blood test to see if you have type-2 diabetes. Visit your provider if you have any of these symptoms:

- Increased sugar cravings
- Increased belly weight
- Blurry vision
- Increased thirst or need to pee
- Feeling tired or ill
- Cuts or bruises that are slow to heal
- Loss of feeling or tingling feet

**What are the effects of type-2 diabetes?**
- Damage to nerves and blood vessels can cause heart attack, stroke, kidney disease and blindness.
- Sores on the skin can become easily infected.
- Poor circulation in arms and legs can lead to loss of limbs.
- Problems during pregnancy and birth defects can occur.

Type-2 diabetes is a very serious health condition.

**Your provider can help you manage your type-2 diabetes.**