

# YOUR DIABETES SUPPORT & RESOURCE GUIDE

Diabetes is a chronic disease that can impact our lives at any point. Managing diabetes can feel overwhelming and finding the right support for wherever you are along your journey is important. This guide provides resources that are available to you whether you are looking to reduce your risk of developing diabetes or manage an existing diagnosis. We encourage you to share this with your health care professional and have a discussion with them about what is available to you.

BEFORE WE CAN DISCUSS YOUR HEALTH, IT'S IMPORTANT TO LEARN ABOUT THE FOUR TYPES OF DIABETES SO YOU KNOW WHEN/HOW YOU MAY BE AT RISK.



## PREDIABETES

When blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. If left untreated, prediabetes can develop into type 2.

1 in 6 Canadians have prediabetes, and some may be unaware of their status.



## TYPE 2

Generally developed in adulthood; your body can't properly use the insulin it makes, or can't produce enough insulin.

90% of people living with diabetes have type 2.



## GESTATIONAL

A temporary form of diabetes occurring during the second or third trimester of pregnancy; usually goes away after giving birth.

Gestational diabetes occurs in 3%–20% of pregnant women.



## TYPE 1

Generally develops in childhood/adolescence and can't be prevented; your body can't produce its own insulin to regulate blood sugar.

10% of people living with diabetes have type 1.



## KNOW YOUR RISK

If you do not have a diagnosis, you can use the following tools to understand your risk:

- EVERY 3 YEARS: How often Diabetes Canada recommends your doctor does a diabetes screening.
- Having **high cholesterol** and blood pressure increases your risk, meaning you should visit your doctor more frequently.
- Don't guess—assess your risk with the [CANRisk Questionnaire](#) in just 10 minutes!

*NOTE: Though the test is designed for adults aged 40 to 74, anyone can get a good baseline from this questionnaire.*



# PROACTIVE LIFESTYLE CHOICES: BETTER HEALTH AT ANY STAGE

Whether you want to reduce your risk or manage diabetes, proactive resources can help you take charge of your health.

Genetics, family history, ethnicity, environment and lifestyle can all play a role in whether you develop diabetes. While some of these factors will be outside your control, research shows that making lifestyle changes such as healthy eating, physical activity and quitting smoking can reduce your risk and help to prevent or manage diabetes—especially type 2 diabetes.



USE THESE RESOURCES TO CREATE YOUR OWN ACTION PLAN TODAY!



## TELUS HEALTH EMPLOYEE & FAMILY ASSISTANCE PROGRAM

*(formerly LifeWorks)*

- TELUS Health website and mobile app: Explore toolkits and articles, at home or on-the-go. Visit - <https://nscad.lifeworks.com/>
- **Username: nscad Password: wellness.**
- Health coaching: Connect with a nurse to build a plan and meet your health goals.

**Call 1-844-880-9142 to get started.**



## MY GOOD HEALTH

Create an account with [Medavie Blue Cross](#) For access to:

- A health risk assessment
- Health records
- Digital coaching for managing diabetes
- Resources and diabetes support groups
- Solo challenges for nutrition, depression or physical activity



## ADDITIONAL RESOURCES

- [Healthy living resources](#) *Heart and Stroke Foundation*
- [What is diabetes, signs, and symptoms](#) *Diabetes Canada*
- [Learn more about gestational diabetes](#) *811 Nova Scotia*
- [Canada's food guide](#) *Government of Canada*
- [Glycemic Index](#) *Diabetes of Canada*

# POST DIAGNOSIS: RESOURCES FOR MANAGING DIABETES

Use your benefits coverage and Nova Scotia Health to offset management costs after a diabetes diagnosis.

Before applying for any provincial supports, you must exhaust your benefits coverage. Be sure to discuss what support is available to you with your health care professional.

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## YOUR BENEFITS COVERAGE

Log on to your Medavie Blue Cross account and review your coverage for:

- Prescription Drugs
- Diabetic Supplies (limits may apply)
- Diabetic Equipment
- 100% co-insurance for the treatment and control of Diabetes on the written authorization of the attending physician
- Equipment -Insulin pump, (limited to 1 occurrence every 5 years)

## NOT INSULIN DEPENDENT?

Get coverage for blood glucose meters and test strips through the [Diabetes Care Program](#) with Medavie Blue Cross.



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## PROVINCIAL SUPPORT (NOVA SCOTIA HEALTH)

- Explore [diabetes care, education and emergency resources](#)
- Need help with [daily management](#)? Ask your doctor for a referral to a diabetes centre
- Review Diabetes Canada's [list of resources](#) for financial support, foot care, travel assistance and more



# BEYOND YOUR BODY: MENTAL HEALTH & DIABETES

Whether it's for yourself or a loved one, remember to add mental health support to your care plan.

Although we think of diabetes as a physical condition, 30% of people living with diabetes have also experienced symptoms of clinical depression.



## MENTAL HEALTH COVERAGE OPTIONS

### TRANQUILITY

- iCBT program: Free to Nova Scotians
- Helps to manage anxiety and depression

### TELUS HEALTH EFAP (Formerly Lifeworks)

- Connect with a professional counsellor by calling 1-844-880-9142
- Start a [CareNow Program](#)

### MENTAL HEALTH PRACTITIONER BENEFIT

- Maximum reimbursement of \$750 a year for mental health practitioner (psychologist, social worker and registered counselling therapy)



Download the TELUS Health One app for access to all EFAP resources and the professional counselling number when and where you need it. You can sign up using **Username: nscad** and **Password: wellness** then create your personal account.



## YOU ARE NOT ALONE

33% of Nova Scotians are living with diabetes or prediabetes. Connect with the community and read real stories from Canadians exploring their journey with diabetes.

- [Managing Type 1 Diabetes](#)
- [Taking Charge of Type 2 Diabetes](#)
- [Understanding Gestational Diabetes](#)



QUESTIONS? Reach out to [Payroll@nscad.ca](mailto:Payroll@nscad.ca)