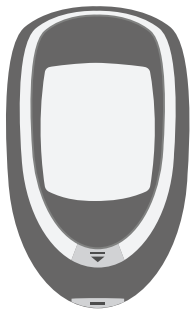




FACTS AROUND DIABETES

Approximately 1 in 10 Americans have diabetes. Out of those, approximately 95% are suffering from type 2 diabetes. 1 in 7 health care dollars in the US is spent treating diabetes and its complications, which comes out to \$327 billion per year! However, a lot of this spending is related to managing the condition instead of treating it. Missed appointments, delays in management, and medication non-adherence can increase emergency department visits and hospitalizations. VRI's programs can help individuals and health plans bridge those gaps to support better health and outcomes. With engagement, education, and empowerment, we help members to not only save money, but more importantly, save lives.



TYPE 1

TYPE 2

INSULIN

Insulin Dependent

The body doesn't make enough

Resilient

The body can't use insulin properly

SYMPTOMS

Increased thirst and urination, fatigue, weight loss, blurred vision, slow healing sores or infections

Increased thirst and urination, fatigue, weight loss, blurred vision, slow healing sores or infections

PREVENTION

No way to prevent

Manage your weight, exercise, eat healthy + balanced diet, limit alcohol, control blood pressure