



“It is kind of scary to learn that you may have something like type one diabetes. That is a scary thing to have to deal with. But if you have the knowledge, you’re prepared. You know what to do. You know what to expect. I’m grateful that there is screening because that gives you choices.”

- **Cassie Bailey**
parent to a child with T1D

My Screening Plan

When you write it down, you’re more likely to commit to it.

I plan to call my doctor on _____
to discuss T1D screening for _____
date
myself/my children/my family and friends

Congratulations, you just took an important first step!

Make a plan to talk to your doctor about T1D screening today.

Learn more at screenfortype1.com



Make a Plan & Write It Down

- *My Type 1 Diabetes (T1D) Action Plan*

“We don’t let T1D stop us. We try not to let it control our lives, but nobody should have to live through a diagnosis story like ours. I’m grateful that there’s screening because that gives you choices. You can know if T1D will be part of your story sooner.”

- **Cassie Bailey**
parent to a child with T1D



Many people first find out that they or their loved ones have T1D due to an emergency medical event that can have consequential short and long-term health impacts. Screening for T1D can help spot T1D early and reduce the risk of serious complications, like DKA, at diagnosis. The first step to screening is making a plan.

It’s simple, and the sooner you screen for T1D, the sooner you know if you or your loved ones are at risk, and the more prepared you’ll be for the road ahead.

Screening is as easy as a blood draw or a tiny finger prick to screen for T1D-related autoantibodies that can help indicate whether you - or your loved ones - are at risk for T1D.

Who should screen?

In short? Everyone. Anyone can develop autoimmune T1D, no matter their age, family history, or lifestyle choices. Because T1D is an autoimmune disease, it’s not preventable by diet or exercise.

What is screening? Is it a big deal? What are the benefits?

Autoantibody screening is a blood test that shows whether you have T1D-related autoantibodies. Screening is often low or even no cost depending on insurance.

To be clear - this is not an A1C test, or a blood sugar level test, this is a blood test that looks for particular autoantibodies that can signal whether you may be at risk of or already in one of the early stages of T1D.

The good news is that these autoantibodies can be detected early through T1D screening, offering the opportunity to proactively make a plan with your care team early too.



Get your results, then make a plan.

Here’s what the T1D autoantibody test could find—and expert recommended actions you can take depending on the results.

0 autoantibodies detected:

No evidence of autoimmune T1D at this time

THE PLAN: Talk to a doctor about repeat screening, especially if there’s a family history or other T1D risk factors.

1 autoantibody detected:

You may have a higher chance of developing T1D.

THE PLAN: Discuss ongoing monitoring and rescreening with your doctor, and ensure you’ve screened for all T1D-related autoantibodies.

2 or more autoantibodies detected:

Indicates you may be in early stage T1D.

THE PLAN: Work with your doctor to get your blood sugar levels checked as soon as possible and to explore monitoring and management options.

Let’s make a plan, right here, right now.

Making a plan around T1D can seem overwhelming, so let’s break it down into a few simple to-dos. Prioritizing your health – and the health of your loved ones – is one of the greatest acts of self care there is.

- Call your doctor and ask about autoantibody screening for T1D
- Make an appointment to get screened:
 - * Through your doctor who can help schedule testing at a local lab or using an in-office kit
 - * By signing up to receive a free test kit to be taken at home or at a local lab through TRIALNET
 - * Through AUTOIMMUNITY SCREENING FOR KIDS (ASK) which offers free testing for all U.S. children
- Talk to your doctor about your T1D screening results
- Set up calendar reminders for additional screening and/or monitoring as recommended by your doctor
- Make appointments for additional blood tests as recommended by your doctor
- Contact any family members or loved ones who may be at risk and talk to them about T1D screening. If just one family member has T1D, the risk for other family members increases up to 15x.
- Take a moment to recognize yourself – for being proactive with your health and for making a plan to keep yourself and your loved ones healthy