



SPOT TYPE 1 DIABETES EARLY

Screening with an autoantibody test is a blood test that can spot type 1 diabetes early—before you need insulin

When it comes to type 1 diabetes (T1D), there's a lot to know. Use this question-and-answer guide to have a useful conversation with a doctor about screening.

What is early-stage type 1 diabetes?

Early-stage (or **pre-insulin-dependent**) type 1 diabetes is when the attack on beta cells has begun but the body can still make enough insulin to keep blood sugar levels in a relatively healthy range.

Why should you screen?

Know the options

Advancements in treatment and management of autoimmune type 1 diabetes may offer ways to help. Talk to your or your loved one's doctor about what could come next. You or your loved one may be able to participate in a clinical trial or explore available treatment options.

Learn the symptoms

By knowing if you or your loved one is in the early stages of autoimmune type 1 diabetes, you can be better prepared to recognize symptoms when they appear. This can help you understand what's ahead and lower the risk of potentially life-threatening complications like diabetic ketoacidosis (DKA) with a doctor's help.

Prepare for what's ahead

Knowing if you or your loved one has early-stage type 1 diabetes can give you time to plan ahead. Living with type 1 diabetes means taking on new responsibilities, and there is a learning curve that comes with managing it.

How does the autoantibody test work?

Type 1 diabetes is an **autoimmune** disease, where the body makes **autoantibodies** that mistakenly attack healthy cells called **beta cells** that make insulin. Long before people notice symptoms, or life-threatening complications are a possibility, screening can spot diabetes-related autoantibodies in the blood that are the signal the early stages of autoimmune type 1 diabetes have begun.

Are autoantibody tests already included in annual labs?

Although both labs involve blood draws, autoantibody type 1 diabetes screening is not currently routine, and not like an A1C test. Additionally, genetic testing is also very different than screening for type 1 diabetes autoantibodies

Who should get screened?

Type 1 diabetes can affect anyone, regardless of age, family history, or lifestyle choices. While having a family member with type 1 diabetes can elevate your risk by up to **15 times**, it's important to note that the majority of people diagnosed with type 1 diabetes—**up to 90%**—have no family history of the disease. Additionally, if you have another autoimmune disease, such as Hashimoto's, Graves', or celiac disease, your risk of developing type 1 diabetes can be **2-3 times higher**.

How do I get screened?

There are many options for where to get screened. Talk to your doctor about the option that's best for you or your loved one, including in a lab, in a doctor's office, or via at home screening test.

How much does the test cost?

Each autoantibody screening option has a different cost. The cost of screening at a lab varies depending on your insurance coverage but could be available at little or no cost to you. Talk to your doctor and insurance provider to find out if screening is covered.

What should I do after I get my screening results?

0 Autoantibodies: If screening finds no autoantibodies, talk to your doctor about rescreening every year until the age of 18 if other people in your family have type 1 diabetes.

1 Autoantibody: If screening finds 1 autoantibody, you or your loved one is at a higher risk for developing type 1 diabetes. Talk to your doctor about rescreening first to confirm that there are no additional autoantibodies, and rescreening every year to see if more autoantibodies develop.

2+ Autoantibodies: If screening finds 2 or more autoantibodies, this is a sign that the earliest stages of type 1 diabetes have begun. Talk to your doctor about options that could help and other next steps, so you can take charge of your health.



Just 1 blood test can spot type 1 diabetes early—before serious complications may happen and the need for insulin

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