



A DISCUSSION GUIDE

HOW TO TALK TO YOUR DOCTOR ABOUT GETTING SCREENED FOR TYPE 1 DIABETES





Type 1 diabetes (T1D) affects people of every age, race and ethnicity. Up to 90% of people diagnosed with T1D report having no family history. Waiting to #SeeTheSigns of T1D—like frequent urination, excessive thirst, weight loss and fatigue—can have serious implications. With a simple blood test, T1D can be detected early, giving you a headstart to long-term health benefits.

UNDERSTANDING SCREENING

Screening means testing for autoantibodies. An autoantibody is produced by the immune system and mistakenly attacks healthy cells in the body. T1D develops when autoantibodies attack the healthy insulin-producing beta cells in the pancreas needed to regulate blood sugar. Without insulin, blood sugar can't get into cells and builds up in the bloodstream, which is damaging to the body.

SCREENING OPTIONS

There are several options for T1D screening—all done through a blood test to identify autoantibodies associated with T1D. Share what options for testing are available with your doctor.

SCREENING OPTIONS	REQUIREMENTS	WHERE?	COST	CONTACT
DOCTOR'S OFFICE	Ask your doctor for an appointment for a blood test to screen for T1D autoantibodies at their office.	At your doctor's office	Varies	Contact your healthcare provider
	<ul style="list-style-type: none"> Screening for adults and children (age 1 and older) No family history of T1D required Also screens for Celiac disease 	At screening site or through at-home test kit	Free	AskHealth.org 303.724.1275 questions@askhealth.org
	Screening available to anyone.	At-home	Varies	Type1Testing.EnablebioSciences.com Phone: 510.239.3371
	<ul style="list-style-type: none"> For people 2.5 to 45 years old who have a parent, brother/sister, or child with T1D For people 2.5 to 20 years old who have an aunt/uncle, cousin, grandparent, niece/nephew, or half-brother/sister with T1D 	At a lab or through at-home test kit	Free	TrialNet.org 1.800.425.8361 (M-F 8 a.m. – 5 p.m. ET)
	Ask your doctor for a referral to get tested at a participating lab in your area.	At a local lab	Varies	LabCorp.com QuestDiagnostics.com

IF YOUR DOCTOR ISN'T FAMILIAR WITH HOW TO ORDER T1D SCREENING

Provide this list to your doctor for T1D autoantibody screening.

Labs to Order

- Insulin Autoantibody (IAA)—CPT 86337
- Glutamic Acid Decarboxylase (GAD) Autoantibody—CPT 86341
- Islet Antigen 2 (IA-2) Autoantibody—CPT 86341
- Zinc Transporter 8 (ZnT8) Autoantibody—CPT 86341

Diagnosis Codes

- Z83.3** Family history of diabetes
- R73.9** Hyperglycemia, unspecified
- Z13.1** Screening for diabetes mellitu

Thank you for taking steps to better understand your risk of T1D and discussing screening options with your doctor.



Beyond Type 1 is changing what it means to live with diabetes—boldly, unapologetically and with just the right dose of disruption. We raise global awareness, delivering life-saving resources and community support to help people with diabetes not just survive—but thrive. By championing innovation, we dismantle barriers to care, deliver the right information when it matters most and drive progress toward prevention and cures.

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