health net

Your Guide to Diabetes Care

SIMPLE WAYS TO MANAGE YOUR DIABETES AND STAY WELL



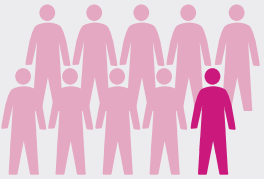
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Many people with diabetes live healthy, robust lives.
So can you.

Following a healthy lifestyle can help you manage your diabetes. You brush your teeth daily to keep them healthy. With diabetes, proper care can keep you from losing your sight, mobility or worse. Proper care consists of following a healthy routine: diet, exercise, blood sugar (glucose) testing, and regular doctor visits.

Diabetes by the numbers[1]





that's just over 1 out of every 8 people

There are three primary types of diabetes.

- **Type 1:** The body makes little or no insulin.
- **Type 2:** The body makes insulin but can't use it well.
- **Gestational:** Pregnant people may get this type of diabetes during pregnancy.

[1]https://usdss.cdc.gov/diabetes/report.html

What is diabetes?

Diabetes is a health condition that affects how your body uses sugar.

Insulin is a hormone that helps move sugar from your blood into your cells for energy.

Insulin is a hormone that works like a key. When you eat, your food breaks down into sugar (glucose). This sugar goes into your blood. Your cells have doors that need to open. Insulin is the key that unlocks the doors. When the doors open, sugar goes into the cells to be used for energy. Without insulin, the doors stay closed. The sugar stays in the blood and can build up to high levels.





Live Well with Diabetes

Are you one of the 40.1 million Americans with diabetes?

Here are some tips to help you take care of yourself and your diabetes, and feel your best:

- **Eat more fruits and vegetables and less sugar and salt.**
- **Get active – slowly work up to 150 minutes of exercise per week.**
- **Take diabetes medications as prescribed.**
- **Make and keep visits with your health care team.**
- **Check your blood sugar regularly.**
- **Stop or don't start smoking.**
- **Know your ABCs:**
  - Routine A1c test.
  - Blood pressure below 140/90 mm Hg.
  - Control cholesterol.

Did you know?

Making healthy lifestyle changes can lower your risk of diabetes-related health problems. It really works!

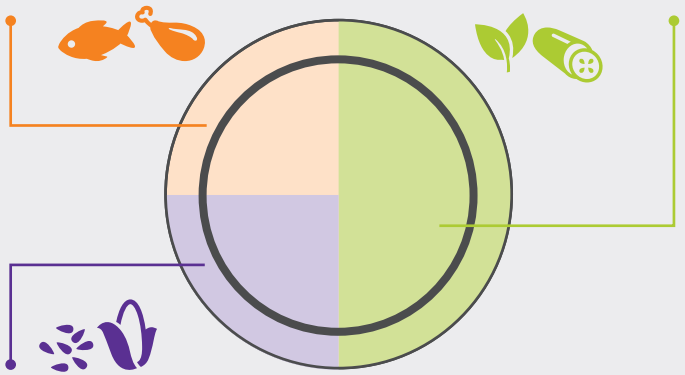
Source: CDC www.cdc.gov/diabetes/caring/steps-to-help-you-stay-healthy-with-diabetes.html

Eat Well with Diabetes

Eating a proper diet is key to keeping your diabetes in control. Your blood sugar levels are changed by what you eat, when you eat and how much you eat. Work with your doctor or dietitian (person who is an expert in the use of food) to create a meal plan that's right for you.

The **"Plate Method"** offers a simple way of meal planning. Using a nine-inch plate:

- **Fill a quarter of your plate with a protein, such as salmon, chicken or beans.**
- **Fill half your plate with non-starchy vegetables, such as spinach, carrots and squash.**



- **Fill the last quarter of your plate with a carbohydrate food, such as:**
- A serving of fruit or dairy or both.
- Healthy fats, such as nuts or avocados, in small amounts.
- Dairy products like milk, yogurt, and milk substitutes (e.g., soy milk).
- Whole grains, such as brown rice or a starchy vegetable like corn.

Source: www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html

Stay Active with Diabetes

Being active is a good way to manage your diabetes and improve your overall health. Always talk to your doctor first about the types and amounts of exercise that are best for you.

Five good reasons to get active:

1. Helps control blood sugar levels.
2. Lowers risk of heart disease and nerve damage.
3. Helps maintain a healthy body weight.
4. Improves sleep and bowel functions.
5. Enhances mental health and mood.

Be active your way

Any activity is better than none. Even small amounts of exercise can make a big difference to your health. Pick activities that you enjoy and are easy to fit into your life. Do them for at least 10 minutes at a time. Then slowly build up the amount of time you are active. You want to work up to 30 minutes of exercise at least 4-5 times a week. Here are some easy ways to be active every day:

- ✔ Walking
- ✔ Gardening
- ✔ Vacuuming
- ✔ Dancing
- ✔ Yoga
- ✔ Tai Chi
- ✔ Climbing stairs
- ✔ Lifting weights

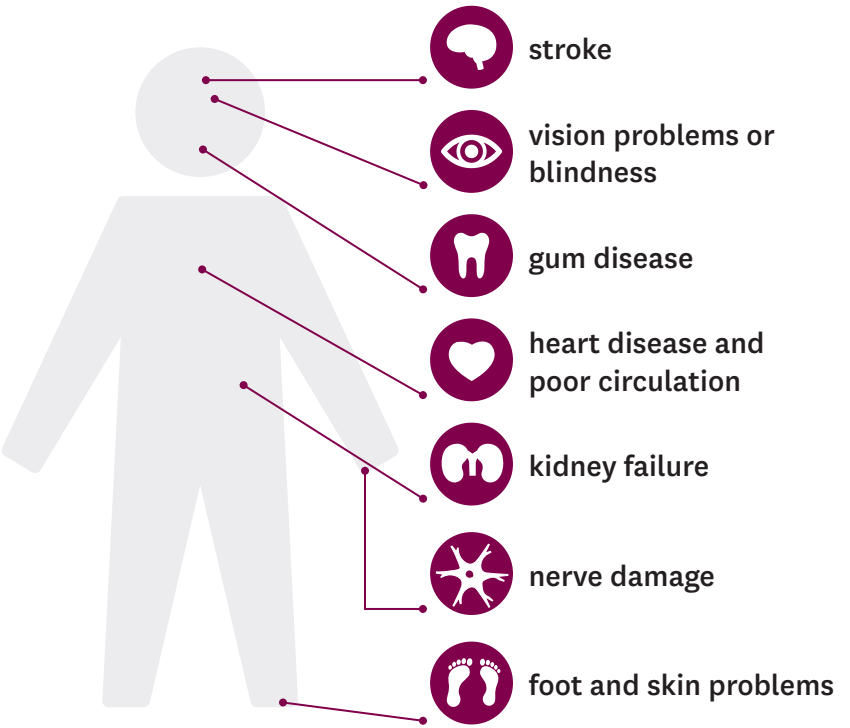




Avoid Severe Problems with Diabetes

Taking care of your diabetes should be a daily routine. Thanks to medical advances and great doctors and nurses, people with diabetes are enjoying their lives and living longer.

Talking with your doctor is key. Tell your doctor right away if you do not feel well, or have an infection, skin problems or a blood sugar out of range. Without proper care, diabetes can lead to health problems in many parts of the body.





Take Control of Your Diabetes

Get your diabetes health screenings

Routine visits with your doctor can make sure your diabetes is well managed. If a test reveals a problem, you can get early care to keep it from getting worse. Check the next page to see which tests are advised.

Call your doctor today to schedule your screenings. If you need help finding a doctor or have any questions, call the Health Net Member Services number on the back of your member identification (ID) card.

My diabetes health screening record

☐ **Hemoglobin (HbA1c) Test**

Get your HbA1c test to check how well your diabetes is being controlled. This is a blood test that measures your body's average blood sugar over the last few months. Some people need this test more often than once a year. Check with your doctor.

☐ **Kidney screening**

Get a urine and blood test to check your kidney function and detect problems early.

☐ **Dilated eye exam**

Get a dilated eye exam to check your retina for problems that can cause loss of vision. Call your in-network eye doctor to schedule a visit.

☐ **Blood pressure**

Have your blood pressure checked at every office visit, or at least once a year. You should aim for a blood pressure reading of less than 140/90 mm Hg.

☐ **Don't forget to get these other health checks and tests:**

- Foot exam (at every visit).
- Dental exam (at least once a year).
- Flu shot (every year).

Always talk with your doctor about the screenings and self-care that you may need.

Cope with the Many Stresses of Diabetes

Living with diabetes can be a challenge. It may require some changes to your lifestyle and daily habits to manage your health. This can sometimes feel like too much to handle and lead to "diabetes distress." With "diabetes distress," you may feel frustrated, angry, or even discouraged. All the worry and changes can make it hard to take care of yourself and keep up with daily routines.

Tips that can help you cope with diabetes and manage stress:

- Talk with your health care team and family about your feelings.
- Ask your doctor and pharmacy if help is available for the added costs of diabetes drugs and supplies.
- Allow loved ones and friends to help you take care of your diabetes.
- Talk to other people with diabetes.
- Take time to do things you enjoy.



Diabetes distress can turn into depression if you have these feelings for a while and they aren't going away. If you think you are depressed, let your doctor know right away.

The Teladoc Mental Health (Digital Program) offers tools to help you become happier and healthier. Available 24/7 online and via the mobile app, this self-help program offers proven ways to support you in making positive changes.

This program provides features such as easy e-learning modules, weekly action plans, and practical tips to bring hope and healing. Members ages 13 and older can sign up for this program at www.teladochealth.com.

Source: https://www.cdc.gov/diabetes/articles/10-tips-coping-diabetes-distress.html

Get Support from Providers, Family and Friends

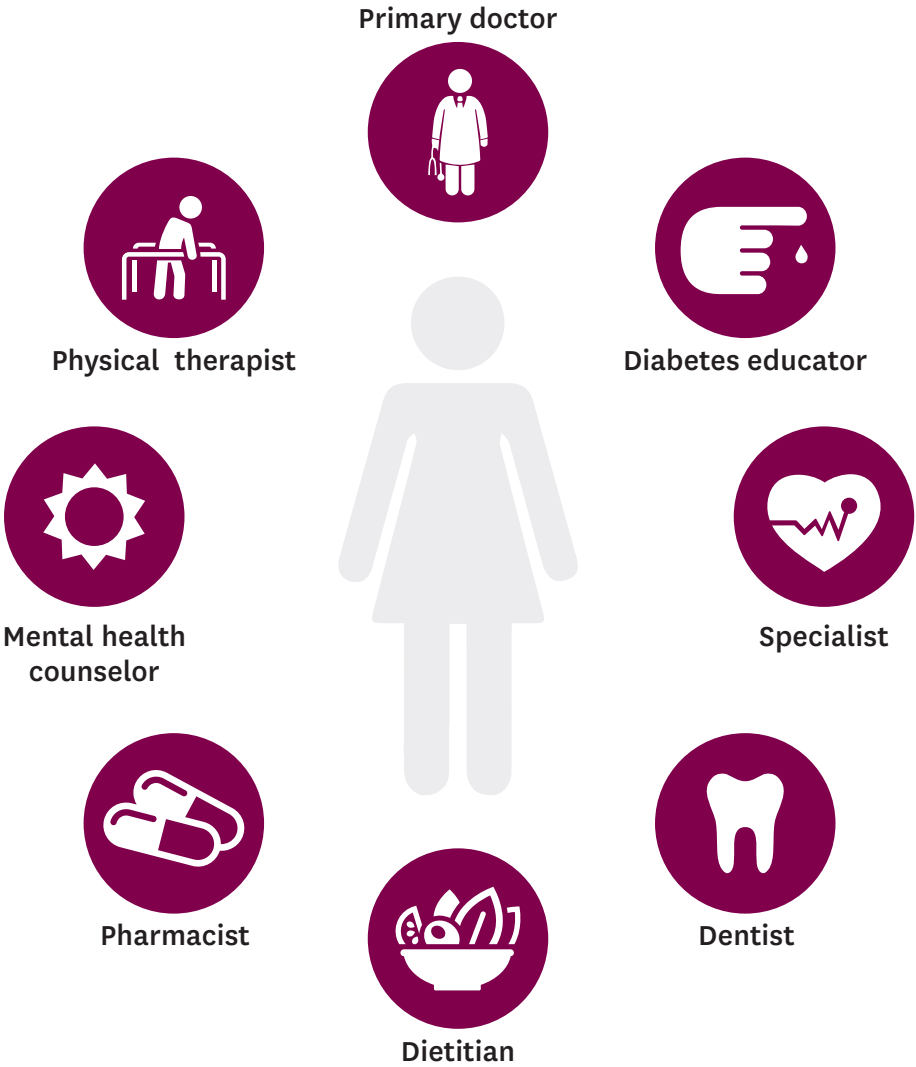
Your health care team



You are not alone when it comes to managing your diabetes. Your primary doctor will advise you on the best care for your diabetes. They may also refer you to doctors who specialize in certain areas:

- **Endocrinologist**
  Specializes in treating diseases of the endocrine glands like diabetes.
- **Optometrist or Ophthalmologist (eye doctors)** Both provide eye care and screen for eye diseases like diabetic retinopathy. Optometrists monitor and treat milder forms of eye diseases. Opthalmologists monitor and treat more advanced eye diseases.
- **Nephrologist (kidney doctor)**
  Manages diseases of the kidney and dialysis for people with kidney failure.
- **Neurologist (nerve doctor)**
  Treats disorders of the nervous system.
- **Cardiologist (heart doctor)**
  Manages diseases of the heart and circulation.
- **Dermatologist (skin doctor)**
  Manages skin disorders that diabetes can cause, like poor healing of wounds.
- **Podiatrist (foot doctor)**
  Treats feet and lower leg problems.

You may also have a **nurse, diabetes educator, dietitian,** and others on your team. Your health care team can help you create a care plan that helps you manage your diabetes and give you the support you need.



Your family and friends

Your family and friends can be important members of your support team too. The more your loved ones find out what goes into taking care of your diabetes, the better they may be able to help you when you need it. Take them with you when you visit your health care team to learn about diabetes so they know how to help.



Take Your Medications as Ordered

Your diabetes treatment plan may include insulin and/or oral diabetes medications to help keep your blood sugar normal. You may also need medication for other related health problems, like high blood pressure or high cholesterol.

Following your medication plan is crucial

Work closely with your doctor to take your medicines exactly as prescribed. It's important to know the name, dose for each of the medications you're taking, as well as the reasons they are prescribed for you.

Use a pillbox so you can manage your medications and have a routine for taking them.

Here are some tips for taking medications:

Talk to your doctor!

- Don't change your dosage or stop taking any of your medications without talking to your doctor first.
- Ask questions if you do not understand how to take your medications.
- Know and report any side effects to your doctor right away.
- Tell your doctor and pharmacist about all the prescriptions and over-the-counter drugs you take. This includes vitamins and herbal supplements.

Keep track of your meds

- Refill your prescriptions before they run out. Check the brand and dosage to make sure they are correct.
- Keep a list of your medicines with you at all times. Have this list available in your wallet or purse or store them on your cell phone. Include the prescribing doctor's name and phone number.

Prepare for travel

- When traveling, make sure to bring enough medicine and supplies with you for your trip.
- Give a copy of your drug list to a friend not traveling with you.

Reminders

- Set a schedule to take your medicine and stick to it.
- Ask family and friends for help if you are having trouble remembering to take your medications.
- Set an alarm on your cell phone for the times you should take them. Use a phone app to help you remember.

Be Prepared!

Diabetes symptoms can sometimes turn into an emergency quickly even when you are following your doctor's advice. You and your family should recognize the signs of a diabetic emergency.

Talk to your doctor or diabetes educator and write down what steps to take in any of these situations:

- ✔ What to do if you have signs of **low** blood sugar.
- ✔ What to do if you have signs of **high** blood sugar.
- ✔ What to do if you are sick with a fever, throwing up or have diarrhea.
- ✔ What to do if you have a foot sore or other type of injury.
- ✔ What to do if there is a sudden change to your vision or hearing.

During natural disasters or unexpected events, people with diabetes may face added challenges to their health care. Identify yourself as a diabetic for emergency workers by wearing a medical ID or medical alert bracelet. Also, having a plan and supplies packed and ready to go will help you and your family feel prepared.



Visit https://diabetes.org/tools-resources/disaster-relief/tips-for-emergency-preparedness to find more tips for caring for yourself or a loved one with diabetes in an emergency.

Here are some tips for building your “diabetes emergency kit”:

- ☑ Seven-day (or more) supply of all medications.
- ☑ Supplies to check your blood sugar, like testing strips and lancets, along with spare batteries.
- ☑ Extra supplies for insulin pump.
- ☑ Cooler and reusable cold packs.
- ☑ Items to treat high blood sugar, such as pump supplies and/or syringes.
- ☑ Items to treat low blood sugar such as juice, honey, or glucose tablets.
- ☑ Three-day (or more) supply of ready-to-go food, like pre-packaged tuna, crackers, granola bars, and dried fruit, as well as bottled water.



Resources to Help You Manage Your Diabetes

These organizations provide useful information on diabetes.

American Diabetes Association (ADA)
www.diabetes.org

- Access American Diabetes Association diabetes food hub, meal plans, budget-friendly recipes and much more! From the nutrition experts at the ADA, Diabetes Food Hub® (**www.diabetesfoodhub.org**) is the premier food and cooking destination for people living with diabetes.

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/diabetes

American Association of Diabetes Educators (AADE)
www.diabeteseducator.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
www.niddk.nih.gov/health-information/diabetes



The contents of this guide provide a general overview and may not apply to everyone. The information is not intended to substitute for medical advice or treatment. You should always consult your doctor about any questions you may have about your condition.

Health Net Member Services

We are here to help you and answer questions about your benefits.

PHONE & HOURS

Employer/Small Group

Through Health Net
800-522-0088
Hours: Mon–Fri, 8am–6pm PST

Marketplace/Covered CA
888-926-5133
Hours: Mon–Fri, 8am–6pm PST

UC
800-539-4072
Hours: Mon–Fri, 8am–8pm PST

Individual/Family Plan

Through Health Net
800-839-2172

Marketplace/Covered CA
888-926-4988

Hours:
October 1–March 31: Mon–Fri, 8am–8pm, Sat 8am–6pm PST
April 1–September 30: Mon–Fri, 8am–7pm, Sat 8am–5pm PST

A messaging system is used after hours, weekends and on federal holidays.

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