



In control

POWER over diabetes

Welcome to In Control.

If you have diabetes, you know how important it is to:

- ★ Make healthy food choices
- ★ Stay at a healthy weight
- ★ Exercise or be active every day
- ★ Get all of your diabetes-related testing
- ★ Take your medicine as ordered
- ★ Go to all of your doctor appointments

You also know that keeping up with all of this can be hard at times. That is why we have In Control, our diabetes case manage-

ment program. Our nurses are excited to help you learn to manage your disease — to give you *power over diabetes*! To talk to one of our diabetes nurses, please call us toll free at 888.559.1010 ext. 55251.



What is Diabetes?

Diabetes is when your blood sugar is too high. It is a lifelong condition that can cause other health problems over time.

Type 1 diabetes is when the body does not make any insulin. The body needs insulin to turn sugar into energy. People with type 1 diabetes need insulin shots to live.

Type 2 diabetes is when the body does not make enough insulin or it can't use insulin as it should. People can develop type 2 diabetes at any age. Being overweight and not being active raises a person's chances of getting type 2 diabetes.

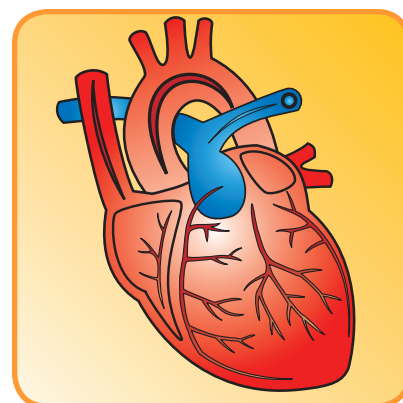
Diabetes and Your Heart

Heart and blood vessel problems are the main causes of sickness and death among people with diabetes.

To lower your risk for heart problems:

- ★ Do not smoke. Ask your doctor for treatment to help quit.
- ★ Eat a low-fat diet.
- ★ Exercise daily. Build up to 30 minutes of walking a day.

- ★ Avoid alcohol.
- ★ Ask your doctor if you should take a low-dose aspirin every day.
- ★ See your doctor every 6 months for an exam and blood tests.



FirstChoice
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ABC

The ABCs of Diabetes

Reaching your ABC goals is a way to manage your diabetes. Your doctor will tell you your goals for each test.

“A” is for the A1C (A-one-C) test. This test shows what your average blood sugar level has been over the past 3 months. You should have an A1C test at least 2 times a year. The A1C goal for most people is less than 7.

“B” is for blood pressure. If not treated, high blood pressure can lead to heart attack, stroke or kidney disease. Get your blood pressure checked each time you go to the doctor. The usual goal for blood pressure is below 130/80.

“C” is for cholesterol. This blood test will tell the doctor about the fat (cholesterol) in your blood. LDL or “bad” cholesterol can clog your blood vessels. This can cause a heart attack, stroke, circulation problems or even an amputation (loss of a limb). The usual goal for LDL cholesterol is below 100. Make sure to get your cholesterol checked at least once a year.



Did you know?

Smoking damages your heart, lungs, blood vessels, nerves, kidneys and bladder. Smoking also increases the chance that you could have a heart attack, stroke, an amputation or develop blindness.

Smoking affects your health, especially if you have diabetes. Your health will begin to improve once you quit. It doesn't matter how long you have smoked.

Staying on Top of Testing

Regular testing and visits with your doctor are important in managing your diabetes.

Daily tests: make sure you do these self-tests every day.

★ **Blood Sugar Testing:**

Keep a log book of your sugar levels to take with you to your doctor.

★ **Foot Exam:** Look at your feet every day for blisters, bruises, swelling or redness. If you cannot see your feet, use a mirror or ask a family member for help. Your doctor should also check your feet at each visit.

Every 3 to 6 months: keep up with tests at doctor visits and in-between visits.

★ **A1C Test:** This test shows what your average blood sugar level has been for the past 3 months. Ask your doctor what your A1C should be.

At every doctor visit: have these taken at each visit.

★ **Blood Pressure:** The usual goal for blood pressure is below 130/80. Your doctor will tell you your personal goal.

★ **Weight:** Weight control is an important part in managing diabetes.

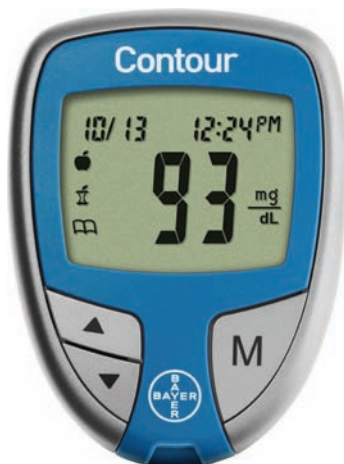
Yearly tests: be sure to get these tests at least once every year.

★ **Dilated Retinal Eye**

Exam: People with diabetes have a higher risk of blindness. This test checks for early damage to your eyes. You should have your eyes checked even if your vision is ok.

★ **Lipid Profile:** Cholesterol can build up and clog your blood vessels. This can lead to a heart attack, stroke or an amputation.

★ **Microalbumin (Urine) Test** People with diabetes have a higher risk of kidney disease. This test checks for protein in urine, which is an early sign of kidney disease.



Testing Supplies – We Have You Covered

Do you have a glucometer (blood sugar meter)?

With First Choice, glucometers and other testing supplies (test strips, test solution, lancets) are covered under your pharmacy benefit. This means you can get these supplies from your local pharmacy. You just need a prescription from your doctor.

Bayer is the brand of glucometer provided by First Choice. Bayer has two models, Contour and The Breeze2. These meters use No-coding™ technology, which means no more coding the machine to match the strips!

There is no charge for a Bayer glucometer for members.

Diabetes and Nutrition

Healthy eating plays an important part in having power over your diabetes. Here are some guidelines to help you with your meal planning.

- ★ Eat your meals on a regular schedule.
- ★ The meat part of the meal should be the smallest. A portion about the size of a deck of cards is enough.
- ★ The carbohydrate (potatoes, pasta, rice) part of the meal should be the next in size.
- ★ The largest part of the meal should be non-starchy vegetables. These have lots of vitamins and nutrients.
- ★ Choose lower-fat dairy such as non-fat or low-fat yogurt, milk and cheese.
- ★ Water is the best drink choice. If you want a sweet drink, choose sugar-free instead of sugar-sweetened drinks.
- ★ Limit fast foods.
- ★ Broil, bake, steam, grill or microwave instead of frying foods.
- ★ Use herbs and lemon juice in place of butter or margarine.
- ★ Take off the skin from poultry before cooking and eating.

Highs and Lows of Your Blood Sugar

High blood sugar (hyperglycemia) is when your blood sugar is too high.

- ★ **Causes:** Too much food, too little insulin or too little diabetes medicine, stress, illness or not enough activity.
- ★ **Symptoms:** Increased thirst, frequent urination (going to the bathroom a lot), blurred vision, feeling tired or fruity-smelling breath.
- ★ **Treatment:** Follow your doctor's advice for high blood sugar.
 - ★ If your blood sugar is over 400, call your doctor right away!
 - ★ Drink lots of water to prevent dehydration and to help lower your blood sugar.
 - ★ If your blood sugar continues to run over 200, ask your doctor if you need to change your medicine.

Low blood sugar (hypoglycemia) is when your blood sugar is too low.

- ★ **Causes:** Too little food, too much insulin or too much diabetes medicine, illness or too much activity.
- ★ **Symptoms:** Shakiness, dizziness, sweating, fast heartbeat, weakness, difficulty paying attention or confusion and blurred vision.
- ★ **Treatment:** Follow your doctor's advice for low blood sugar.
 - ★ Eat 3-5 pieces of hard candy, or drink 1/2 cup of fruit juice.
 - ★ Check your sugar again in 15 minutes and continue treatment until your sugar is greater than 70.
 - ★ Make sure your friends and family know how to respond if you become confused or pass out.

