

## GREAT NEWS FOR YOU!

Our Complex Case Management program provides **more** support for our members.

This program has care plans and more frequent contacts for members who are having trouble controlling their diabetes.

Call (888) 327-0671 if you think you could benefit from this new program.

### Six Holiday Tips

Food is often the center of every holiday celebration. Here are some tips to finding healthy and delicious appetizers:

- **Eat what you like** - offer to bring a healthy appetizer or dish you like and others will enjoy
- **It's a party, but don't overdo it** - try to eat about the same amount of carbohydrates that you normally would for a meal and keep the portions small
- **Eat before the party** - have a little something healthy to eat before the party so you aren't overly hungry
- **Focus on reconnecting with friends and family instead of the food**
- **Drink in moderation** - if you drink alcohol, remember to eat something first to prevent low blood glucose levels later
- **If you over eat, get back on track the next morning** - include extra exercise, monitor your blood glucose levels, and get back to your usual healthy eating habits

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**MCLAREN**  
**HEALTH PLAN**  
A MCLAREN HEALTH SERVICE

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MHP is Excellent Accredited  
for its Medicaid HMO

## DIABETIC NEWSLETTER

Winter 2009



Get your glucometer and diabetic supplies! See inside for more details! →

Telephone: (888) 327-0671  
[www.mclarenhealthplan.org](http://www.mclarenhealthplan.org)

## LOW Blood Sugar

Even if you do everything you should to manage your diabetes, your blood sugar levels may not always be in your target range. Low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) may still occur.

### Signs of **LOW** Blood Sugar:

- Feeling shaky
- Being sweaty or clammy
- Feeling hungry
- Having a fast heart rate
- Blurred vision or headache
- Feeling light headed
- Feeling confused

If you have any of these symptoms, test your blood sugar

### Treating **LOW** Blood Sugar:

- Eat or drink something with sugar - **FAST**, such as:
  - ◊ A tube of glucose
  - ◊ 1/2 cup of juice or regular soda (not diet)
  - ◊ 5 - 7 life-savers (or any small hard candy)

Retest in 15 minutes, and if still low, repeat treatment

Diabetics should eat regular snacks and meals to help maintain their blood sugar levels.



## HIGH Blood Sugar

Just like low blood sugar, diabetics can have high blood sugar too.

### Signs of **HIGH** Blood Sugar:

- Increased thirst
- Frequent urination
- Feeling tired and/or weak
- Blurred vision

If you have any of these symptoms, test your blood sugar

### Treating **HIGH** Blood Sugar:

- Adjust your medication as directed by your doctor

Every diabetic's self-management plan is different. Know your plan and recognize when to contact your doctor and/or when to seek medical help.

### Please Don't Smoke!

Smoking and secondhand smoke can make your diabetes worse and can greatly increase the risk of other health problems. Quitting is hard. Each time you try to quit, the better chance you have of succeeding! McLaren Health Plan covers "QUIT SMOKING" medications. If you smoke, ask your doctor how to help you quit!

If you are a Medicaid member, we have a new smoking cessation program for you. Call (800) QUIT-NOW.



(888) 327-0671

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## Glucometers Available



Call us at (888) 327-0671 if you need a glucometer. Our nurses will help you decide if the Ascensia Contour or Breeze is the best glucometer for you. You will need a prescription from your doctor for a 30 day supply to get 100 test strips to use the Contour, or 10 discs to use the Breeze. **McLaren Health Plan covers diabetic supplies!**

## Take Care of Yourself

See your doctor regularly, and once a year ask your doctor to do the following:

- Two HgA1C blood tests to check how well your blood sugar has been controlled
- Dilated eye exam (**this is a covered benefit for members with diabetes**)
- Foot exam
- Cholesterol blood check
- Body Mass Index

### Healthy Tips

- Talk to your doctor about healthy eating and an exercise plan
- Get plenty of sleep (6-8 hours per night)
- Stay active