

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 program.

PRSR-STD
U.S. POSTAGE
PAID
LANSING, MI
PERMIT NO. 536

MCLAREN
HEALTH PLAN
A MCLAREN HEALTH SERVICE

DIABETIC NEWSLETTER

May 2010



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

Telephone: (888) 327-0671
www.mclarenhealthplan.org

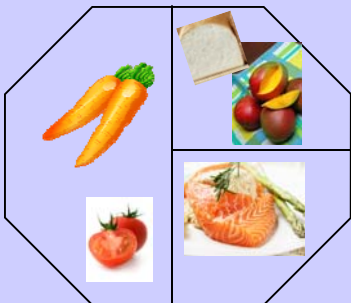
The Best Food for Me to Eat

Your diet should have a mix of:

- Lean meat or fish
- Low fat dairy products
- Fresh vegetables
- Fruits
- Whole grains (bread, pasta)
- Beans

To eat healthy, divide your plate and fill with the following portions of food:

- 1/2 with vegetables
- 1/4 with carbohydrates (whole grain bread, fruit, starchy vegetables)
- 1/4 with lean meat or fish



Make sure you discuss options with your doctor or diabetic educator.

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Fax: (877) 502-1567

Email: 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 (small tube of cake decorating gel)
 - ◇ 1/2 cup of juice or regular soda (not diet)
 - ◇ 5 - 7 life-savers (or any small hard candy)
 - ◇ 6-8 oz. of milk

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

Take time to understand what causes your blood sugar to be too high or too low. Causes might be too much or too little food, exercise, or irregular meals.

HIGH Blood Sugar

Just like low blood sugar, diabetes can cause 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.

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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 every 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