

# Your Guide to Diabetes Care

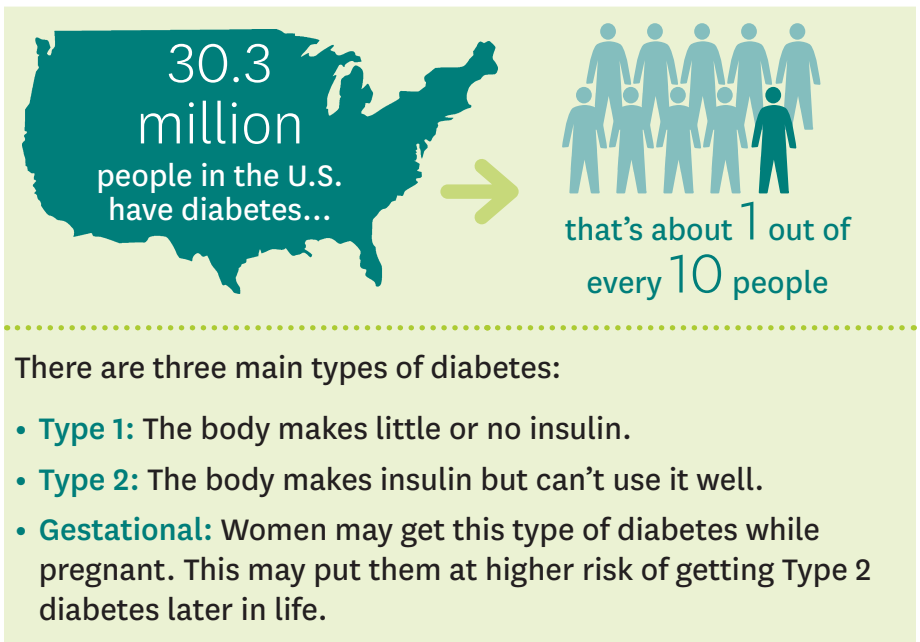
**SIMPLE WAYS TO MANAGE YOUR  
DIABETES AND STAY WELL**



*Many people with diabetes live healthy lives.  
So can you.*

Simply follow a healthy lifestyle. This can help you manage your diabetes. Proper care can keep you from losing your sight, mobility or worse. Proper care means having a healthy routine: diet, exercise, blood sugar (glucose) testing, and regular doctor visits.

## Diabetes by the numbers<sup>1</sup>



There are three main 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:** Women may get this type of diabetes while pregnant. This may put them at higher risk of getting Type 2 diabetes later in life.

<sup>1</sup>CDC. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.



## What is diabetes?

Diabetes is a disease in which your body makes little or no insulin.

## Insulin is a hormone that transports food to your cells

Insulin is a hormone that acts like a car for the food you eat. When you eat, your food breaks down into tiny parts. Insulin transports this food to your cells to nourish them. Without insulin, your cells starve and the food you've eaten spills over into your blood, causing high glucose levels.



Food



Insulin



Cells



# Live Well with Diabetes

## Are you one of the 30.3 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 often.



Stop or don't start smoking.



Know your ABCs:

- Routine **A**1c test.
- **B**lood pressure below 140/90 mm Hg.
- **C**ontrol cholesterol.

## Did you know?

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

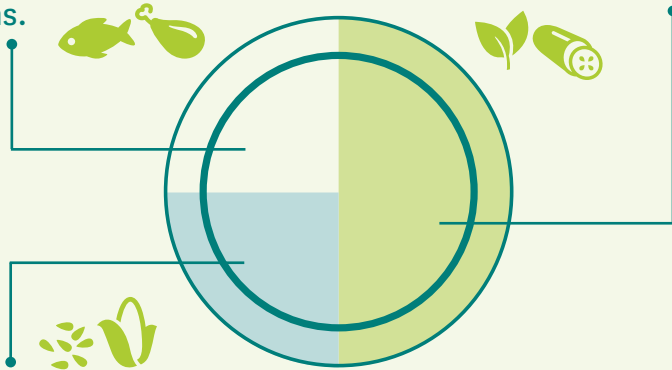
Source: CDC. <https://www.cdc.gov/Diabetes/library/socialmedia/infographics.html>

# Eat Well with Diabetes

Eating a proper diet is key to keeping your diabetes in control. Your blood sugar levels change based on 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 to plan meals. When making your nine-inch plate:

- Fill a quarter of your plate with 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 whole grain items, such as brown rice or a starchy vegetable like corn.
- Add a serving of fruit or dairy or both.
- Choose healthy fats, such as nuts or cheese, in small amounts.
- Add a low-calorie drink, such as water, plain tea without sugar or coffee.

Try a new recipe

# Parmesan Mashed Cauliflower

Serving size:	½ cup	Calories:	60
Total carbohydrates:	7 g	Total fat:	2 g
Total protein:	6 g		

## Ingredients:

- ✓ 1 medium head cauliflower
- ✓ 6 tbsp plain nonfat Greek yogurt
- ✓ ¼ cup freshly grated Parmesan cheese
- ✓ ½ tsp garlic powder
- ✓ ¼ tsp black pepper
- ✓ 1 tbsp of chopped green onions

## Directions:

1. Wash the cauliflower and cut it into florets.
2. Microwave cauliflower florets for about 8 minutes or until the cauliflower is soft. Stir halfway through the cooking time.
3. Place the cauliflower, yogurt, cheese, garlic powder and pepper in a blender and blend until smooth.
4. Top with the onions and serve.

Find this recipe online at:

[https://www.diabetesfoodhub.org/recipes/parmesan-mashed-cauliflower.html?home-category\\_id=1](https://www.diabetesfoodhub.org/recipes/parmesan-mashed-cauliflower.html?home-category_id=1)

To check out other diabetes-friendly recipes, visit:

<https://www.diabetesfoodhub.org/>

# 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:

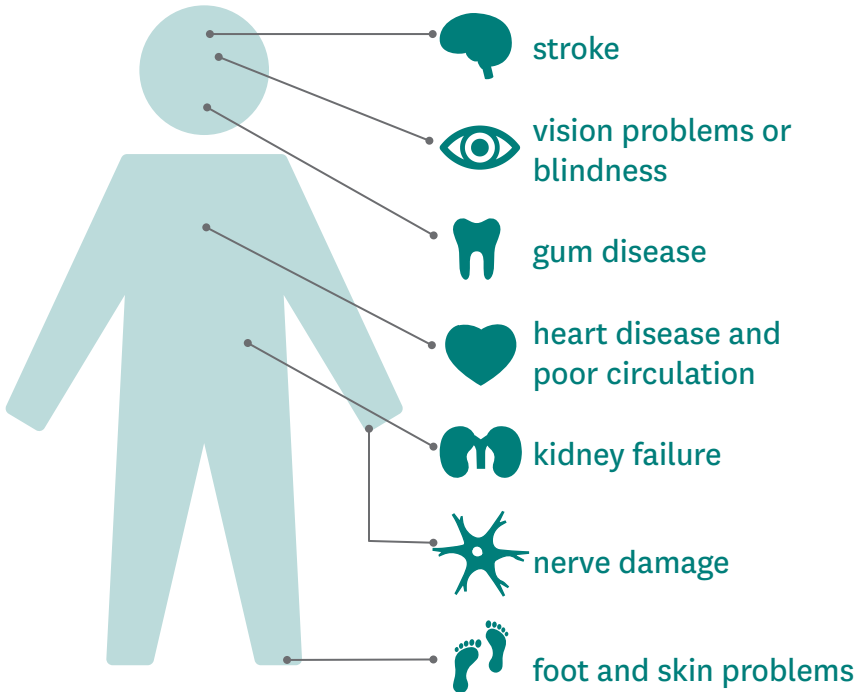
- ✓ Walk
- ✓ Work in your garden
- ✓ Do household chores
- ✓ Dance
- ✓ Do yoga
- ✓ Do tai chi
- ✓ Take the stairs
- ✓ Lift weights



# Avoid Severe Problems with Diabetes

Taking care of your diabetes should be a daily routine, like wearing shoes that fit well and checking your feet every day.

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





# Take Control of Your Diabetes

## Get your vital 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 CalViva Health Member Services at **888-893-1569 (TTY/TDD: 711)**, 24 hours a day, 7 days a week. The call is toll-free.



# My diabetes health screening record

## 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 a span of time. Some people need this test more often than yearly – check with your doctor.

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## Kidney screening



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

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## 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.

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## 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.

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## 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 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 upset, mad 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 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.



Source: [www.cdc.gov/Diabetes/ndep/people-with-Diabetes/ten-tips-coping-Diabetes-distress.html](https://www.cdc.gov/Diabetes/ndep/people-with-Diabetes/ten-tips-coping-Diabetes-distress.html)

**myStrength is personal support on demand**  
myStrength is a free resource that has a range of self-help tools, and can help you strengthen your mind, body and spirit. Visit <https://bh.mystrength.com/hncalviva>.

# 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 and may refer you to doctors who specialize in certain areas:



### Endocrinologist

Specializes in diseases of the endocrine glands like the pancreas and diabetes that is hard to control.



### Ophthalmologist (eye doctor)

Provides eye care and treats eye diseases like diabetic retinopathy.



### Nephrologist (kidney doctor)

Manages diseases of the kidney and dialysis for people with kidney failure.



### Neurologist (nerve doctor)

Treats disorders of the nervous system caused by diabetes.



### 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 teacher, 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 know about 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 and how to take each medication. Also, know the reasons they are prescribed for you.

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



## Tips for taking medications:

- Always talk to your doctor first if you think you need to change your medicine.
- Ask questions if you do not understand how to take your medications.
- 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. You can also save them on your cell phone. Include the doctor's name and phone number.
- Tell your doctor and pharmacist about all the prescriptions and over-the-counter drugs you take. This includes vitamins and herbal supplements.
- Know and report any side effects to your doctor right away.
- Make sure to bring enough medicine and supplies with you when you travel. Give a copy of your drug list to a friend not going with you.
- Set a schedule to take your medicine and stick to it.
- Ask family and friends for help if you have trouble remembering to take your medications. Or set an alarm on your cell phone for the times you should take them.



# Be Prepared!

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 right away:

- Signs of low blood sugar and what action to take.
- What to do when your blood sugar is in the high range.
- What to do if you are sick with a fever, throwing up or have diarrhea.
- What to do if you have a foot or other type of injury.
- What to do if there is a sudden change to your vision or hearing.

Use a medical ID or medical alert bracelet in case of a natural disaster or unexpected events. This will help emergency workers know you have diabetes. Keep supplies packed and ready to go in case of an emergency.

Find more tips for caring for yourself or a loved one with diabetes in an emergency at [www.diabeteseducator.org/living-with-diabetes/disaster-preparedness](http://www.diabeteseducator.org/living-with-diabetes/disaster-preparedness).



## Tips to build 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.
- ✓ 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

To learn more about diabetes, contact:

**American Diabetes Association (ADA)**

[www.diabetes.org](http://www.diabetes.org)

**Centers for Disease Control and Prevention (CDC)**

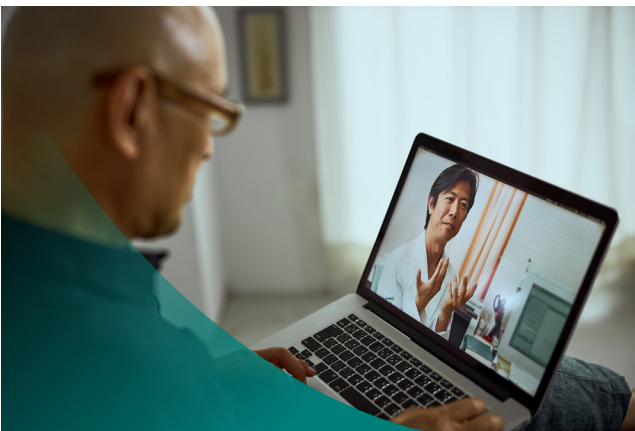
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**American Association of Diabetes Educators (AADE)**

[www.diabeteseducator.org](http://www.diabeteseducator.org)

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

[www.niddk.nih.gov/health-information/diabetes](http://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 be a substitute for medical advice or treatment. You should always consult your doctor about any questions you may have about your condition.

## Have questions?

Call Member Services at 888-893-1569 (TTY/TDD: 711).  
CalViva Health is here 24 hours a day, 7 days a week.  
The call is toll-free.



To learn more, call the Health Education Information  
Line toll-free at 800-804-6074 (TTY: 711), Monday-Friday  
9 am to 5 pm, excludes weekends and holidays.

[www.CalVivaHealth.org](http://www.CalVivaHealth.org)