



Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish



Summer Camp Fun for Kids

Diabetes camp is a great way to have fun and learn good diabetes control.

Molina Healthcare sends kids to diabetes camp every year. The feedback we get from parents and campers tell us these camps are the best things since chicken noodle soup!

Molina Healthcare sends a notice to providers early in the year asking for nominations for camperships. Parents are then notified of the nomination. A drawing is held and the winners are announced.

Camps are located in both eastern and western Washington. Molina Healthcare will try to place the camper in a camp close to home. If you have questions about these camps, please call our Health Education line at (800) 423-9899, Ext. 141428.



If you or your child have been identified as having diabetes, the Healthy Living with Diabetes program will help you learn good diabetes control.

As a program member you will receive:

- Diabetes newsletters
- Diabetes educational materials
- Important diabetes care tips

Call our Health Education line at (800) 423-9899, Ext. 141428 for more information or if you wish not to be part of this program.

Smoking and Diabetes Do Not Mix

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear**[®]. Call the Washington Tobacco Quit Line at 1-877-270-7867. Quit for Life.

In This Issue

Summer Camp Fun	pg 1
Diabetes and Exercise	pg 2
Diabetes Eye Exam	pg 3
Nurse Advice Line	pg 4

Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact UM staff about a UM issue or question
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

Healthy Living with DiabetesSM is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

Diabetes and Exercise

Exercise can help control your diabetes. It helps the heart pump more blood with less effort, it improves circulation and keeps muscles strong and toned. Exercise offers added benefits such as:

- Lowering your blood sugar
- Helping you lose weight
- Helping your body use insulin better
- Lowering your cholesterol
- Giving you more strength and energy
- Reducing your risk of heart, circulation and blood pressure problems.

Exercise has helped some people lower the amount of diabetes medicine they take. It has helped some people get off medicine completely.

Before you start, get a check up. Because you have diabetes, you need to plan your exercise carefully. Discuss with your provider how exercise can help you manage your diabetes. Ask your provider to help you develop an exercise plan that is right for you.

Exercising doesn't have to be hard. If you aren't used to exercising, you should start slowly. Try:

- Walking
- Standing and stretching
- Gardening
- Using the stairs instead of the elevator
- Parking further from where you want to go and walking the rest of the way.

Since exercise lowers your blood sugar level, extra steps have to be taken to avoid hypoglycemia (low blood sugar).

This means:

- Checking your blood sugar before and after you exercise. (Ask your provider what levels are safe for you).
- Preparing a snack for longer exercise periods,
- Checking your blood sugar during your longer exercise periods.

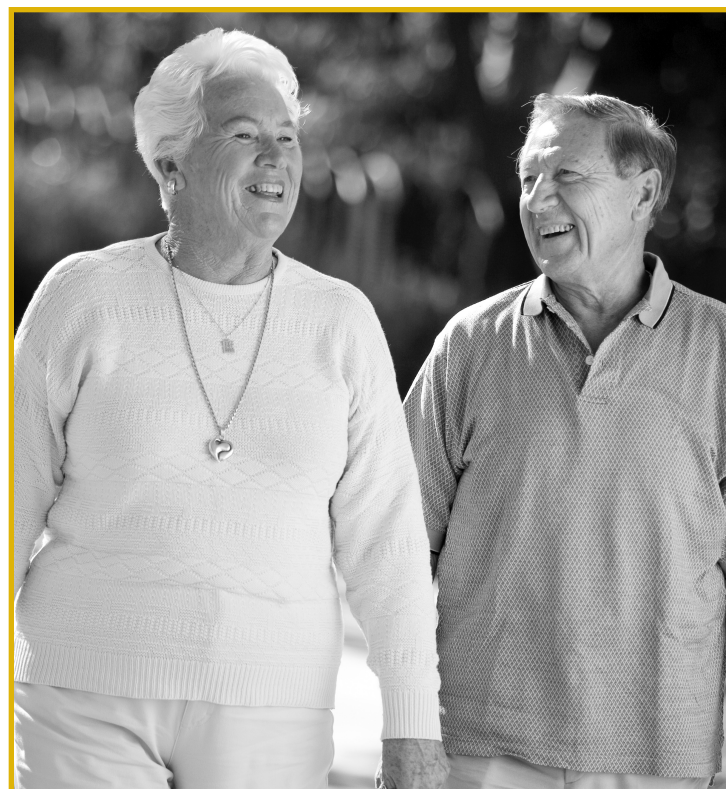
After exercise take 5 to 10 minutes to cool down (walk slowly, then do gentle stretches). Then check your blood sugar level so you can learn how your body responds to exercise. Keep a logbook with notes about each day's:

- Type and length of exercise
- Pre and post exercise blood sugar levels.

Share this information with your provider. Ask if you should adjust your insulin or food intake.

Important tips to remember:

- Always carry your diabetes identification with you.
- Drink plenty of water before, during and after exercise.
- Make sure your shoes and socks fit properly. Check your feet after exercise for redness cuts or sores.
- Avoid exercising or exercise carefully when the weather is very hot, humid or cold.
- Learn what to eat or do if your blood glucose is too low or high.
- Know how to adjust your diet and insulin on days when you are more or less active than usual.



Have You Had Your Diabetes Eye Exam?

Make sure to have your eyes checked with a dilated eye exam. This exam should be done once a year. If it has been over a year since you had this exam, call your provider for help with your appointment.

Molina Healthcare will send you a \$10 Safeway gift card when your eye care provider fills out this form and faxes it to Molina Healthcare.

Annual Diabetes Eye Exam

Member: Please tear off this sheet and fill in this part before giving to your provider.

Name: _____ Date of Birth: _____

Address: _____

City: _____ Zip: _____

Phone Number (Include area code): _____

Eye Care Provider: Please complete this section and fax to Molina Healthcare at (800) 461-3234.

Examination date for this member: _____

Examination results, please check below:

- _____ No diabetic retinopathy
- _____ DM retinopathy requiring no treatment
- _____ DM retinopathy requiring treatment

Please remember to send a copy of the patient's eye exam result to the patient's provider. Thank you.

Eye Care Provider's Name: _____

Eye Care Provider's Signature: _____

Eye Care Provider's Phone: _____

You are receiving this as part of the Healthy Living with DiabetesSM program. If you do not want to receive this newsletter or be in the Healthy Living with DiabetesSM program, please call our Health Education Line at 1-800-423-9899, Ext. 141428.