

# Managing Diabetes

## Diabetes



### What does it mean to manage your diabetes?

- Your diabetes is managed if your A1c value is well-controlled.
- A1c is a test that your doctor uses to monitor how well your blood sugar treatment is working over time.
- **It is crucial to make and keep all your visits with your doctor.**
- Ask your doctor what your A1c value is and what it should be.

### How can you manage your diabetes?

- Your lifestyle and daily routine will affect your blood sugar.
- Test your blood sugar regularly.
- **Learn to become more aware of what makes your blood sugar rise and fall.**
- Learn about what you can do to control those factors.

### Food

Healthy eating is crucial to manage blood sugar.

- The type of food and how much you eat can affect your blood sugar.
- **Carbohydrates (carbs) have the biggest impact on blood sugars. Carbs in food raise blood sugar levels.**

#### Types of carbs

- **Fiber** - Eat these most often. Includes non-starchy vegetables like broccoli, cucumber, green leafy veges (collard greens) and jicama.
  - **Starch** - Eat these in small amounts. Includes starchy vegetables like corn, peas and potatoes and fruits, whole wheat products and brown rice.
  - **Sugar** - Eat these least often. Includes baked goods, sugar sweetened drinks, candy and juices.
- If you are on insulin, it is crucial to know the amount of carbs in your food.
  - Learn about what portion size is best for each type of food.
  - **Ask your doctor to refer you to a dietitian to help with your diet.**

### Exercise

Regular activity is a crucial part of managing high blood sugar.

- **When you are active, your muscles use sugar for energy.**
- It also helps your body to use insulin more efficiently.
- Talk to your doctor before starting an exercise program.

## Medication

Diabetes medicines and insulin are designed to lower your blood sugar levels when diet and exercise alone is not enough.

- Follow your doctors advise.
- **Take your medicine correctly and as prescribed.**

## Sick Days

When you are sick, your body produces stress hormones.

- Stress hormones raise your blood sugar.
- You may not feel like eating or being active.
- This will also affect your blood sugar.
- **See your doctor regularly and create a sick day plan together.**

## Alcohol

Alcohol can lower blood sugar to unhealthy levels.

- **Drinking can make diabetes disease worse.**
- Get your doctor's OK before drinking alcohol.

## Stress

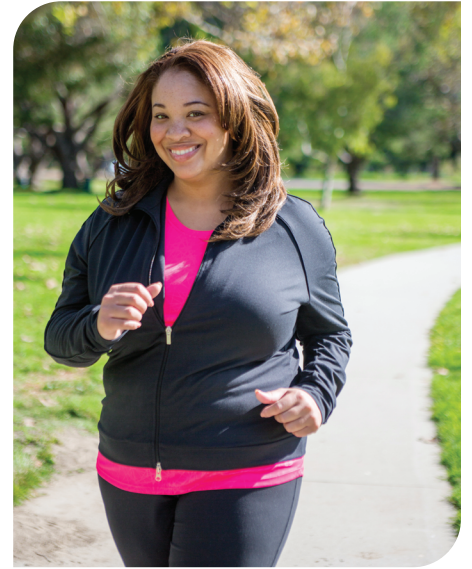
Long term stress can cause a rise in blood sugar levels.

- **If you are under a lot of stress, seek help.**
- Learn new ways of coping with stress.

## Smoking

Don't smoke or vape. It can worsen diabetes disease.

**For help with quitting, call Kick It CA at 1-800-300-8086.**



## Do you have questions?



Call our 24-hour Nurse Advice Line. We are here to help you.



English: **(888) 275-8750**

Español: **(866) 648-3537** TTY/TDD: **711**

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