



## Sneak in Some Exercise



During the holiday season you might be extra busy. There is shopping to do, parties and school plays to attend, and work to be done. On top of all that you have to manage your diabetes. It's easy to put yourself last.

Exercise is a great way to relieve stress and control your diabetes at the same time. Exercise lowers your blood sugar and cholesterol. Getting some exercise doesn't mean that you have to give up hours of your day or become an athlete. Here are some tips on how to sneak exercise into your day:

- Take the stairs instead of the elevator. Even walking down the stairs is better than using the elevator.
- Use 10 minutes of your lunch break to take a walk. It will aid in digestion and energize you for the rest of your workday.
- Don't wait for the parking spot up front. Park farther away and walk. You'll get there quicker!
- Do some gentle stretches.
- Take the dog for a walk, or catch up with a friend over a walk around the block.
- Do some squats or leg lifts while you wait for the microwave.
- Exercise as a family. It's a great way to spend quality time together and be a good role model.

Find out what it is that you enjoy. The goal is to get moving. Remember, a little bit here and there really adds up, and the pounds won't!

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## Need Help Quitting Smoking?

If you need help quitting call Molina Healthcare's **Health Education** team at 1-800-526-8196, ext. 127532 to get information about smoking cessation programs.

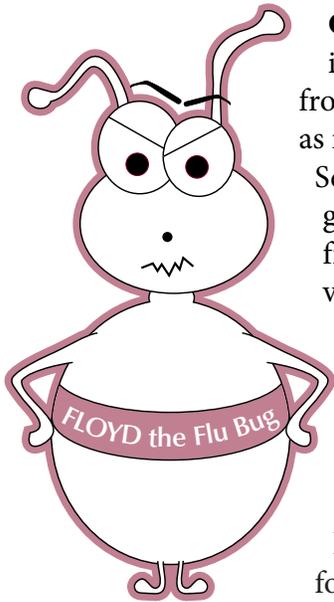
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*You are receiving this newsletter as part of a disease management program. If you do not want to receive this newsletter or participate in any disease management program please let us know. Please call us at 1-866-891-2320.*

*All material in this newsletter is for information only. This does not replace your provider's advice.*

## Keeping Healthy Through the Flu Season

Flu season is here which usually means more of us are suffering from stuffy noses, fever, aches and pains. No one likes to be sick. Therefore, it's important to take a few extra steps to make sure you stay healthy this flu season.



**Get the flu shot.** The flu shot is the best way to protect you from the flu. Get the shot as soon as it is available (most likely in September). You may need to get another shot to protect you from the Novel H1N1 (Swine) flu virus. Talk with your provider for the most up-to-date information and to find out what is right for you.

**Wash your hands often.** That's right, washing your hands with soap in warm water for 20 seconds kills flu germs.

**Keep germs from spreading.** Use a tissue when you cough or sneeze. Avoid touching your eyes, nose and mouth.

**Stay away from others.** Keeping your distance from others who are sick can reduce the chance of getting sick. If you feel sick, you probably are. Listen to your body. Stay home and rest.

**Create a sick day plan.** When you have a chronic condition, being sick can make it more difficult to control your condition. It's important to have a plan before you get sick. It can help you decide what medicines to take, what foods to eat, and when to see your physician. Talk with your physician to make a plan in case you get the flu.

Whenever you are ill or have questions about the flu, you may call Molina Healthcare's Nurse Advice Line. They are available 24 hours a day, 7 days a week. The phone number is on the back of your member card (1-888-275-8750 English; 1-866-648-3537 Spanish).

## Resolve to Stop Smoking

If you have not quit smoking, do it now! It is the best thing you can do to live well and may also be the hardest thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies show that each time you quit you will become stronger and learn more about what it takes for you to quit for good. Why not try Molina Healthcare's stop smoking program to help you quit? There is no cost to Molina Healthcare members.

If you would like to enroll or have questions about the stop smoking programs, please call:

Molina's Health Education Team at 1-800-526-8196 ext. 127532. Molina members can join the Free and Clear<sup>®</sup> Smoking Cessation Program at no cost.



## Moderate Your Diet

If you have CVD (cardiovascular disease), a good way to help you manage it is to think “moderation.” This means not doing too much or too little of any one thing.

Moderating the foods you eat can be very hard during the holidays. Here are a few tips to remember about eating a balanced diet.

**Try to limit unhealthy fats and cholesterol.** The best way to do this is to cut down on the solid fat you eat. Examples are butter, margarine and shortening. A lot of recipes for gravies, cookies, and other baked goods include solid fats. Healthy fats are usually liquid at room temperature. Examples are olive oil and canola oil. However, all fat is high in calories.

**Be sure to include a moderate amount of protein.** Good sources of protein are lean meats, poultry, and fish. Low-fat dairy and eggs are also good sources.

**Eat a rainbow of fruits and vegetables.** That means eating fruits and vegetables of different colors. However,

drowning your vegetables in butter, dressing or creamy sauces doesn't count! Also, choose breads and pastas made from whole-wheat flour.

**Limit your salt intake.** A good way to do this is to keep the salt shaker off the table. Also, don't add extra salt when cooking. Your blood pressure will thank you for it.

**If you already drink alcohol, limit your alcohol intake.** Men should have no more than two drinks a day and women no more than one drink a day. A drink equals one 12 oz. beer, or 4 oz. of wine, or 1.5 oz of 80-proof spirits. Although some research has been done on red wine and heart disease, it is still not known if the benefits outweigh the risks. So, if you don't already drink alcohol, it is not recommended that you start.

Eating in moderation means not loading up your plate or taking seconds. Moderation does not mean cutting out dessert. You can have a piece of cake once in a while. Just don't eat the whole cake!

## Start Off on the Right Foot

When you have diabetes, it is important that you pay close attention to your feet. High blood sugar can cause damage to the nerves (neuropathy) in your feet. When you have neuropathy, your feet and legs often feel numb, it can be hard for you to feel pain or temperature change, you may not realize you have a blister or cut, and corns, blisters, warts or athlete's foot can be trouble. Any of these problems can lead to an infection that is hard to heal if you have diabetes.

Remove your shoes and socks every time you visit your doctor. He or she can check for blisters and sores that you may not have noticed. Be sure to keep your diabetes in control to prevent neuropathy. Make sure to take good care of your feet.

### Talk to your doctor:

- If your feet or legs feel tingly or are swollen
- If you have a sore that won't go away
- If there are changes in the color of the skin on your feet
- If you have pain in your legs while sitting or walking
- If the skin around your heel is cracked
- If you have questions about how to cut your toenails or use a pumice stone
- About diabetic shoes and cotton socks



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## 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