

# MANAGING BLOOD SUGAR LEVELS

IT PAYS TO BE HEALTHY...IN MORE WAYS THAN ONE!



Passport by Molina Healthcare cares about your health and well-being. We're here to offer extra support to members who may want help managing blood sugar levels, prediabetes, and diabetes. We've put together some simple steps to help you take care of your health.

## WHEN TO VISIT YOUR DOCTOR

See your doctor at least once a year to check on your diabetes. If you need help making an appointment, please call Member Services at 1-800-578-0603 (TTY: 711).



### YOUR DOCTOR WILL CHECK YOUR ABCS:

A

#### A is for A1C.

Your doctor will check your A1C with a blood test. The A1C goal for most is below 7. It may be different for you. Ask your doctor what your goal should be. You'll need to get tested several times a year.

B

#### B is for Blood Pressure.

The blood pressure goal for most is below 140/90. It may be different for you. Ask your doctor what your goal should be.

C

#### C is for Cholesterol.

Ask your doctor what your cholesterol numbers should be. Your goals may be different from other people. If you are age 40 or older, you may need to take a statin drug for heart health.

**Blood Sugar Levels and Diabetes can affect your blood flow and lead to problems in other parts of your body:**

- Your doctor will do a full physical exam.
- Your doctor will check your kidney function.
- Your doctor will do a complete foot exam.
- Your eye doctor will do a dilated eye exam.

## WAYS TO MANAGE YOUR BLOOD SUGAR AT HOME

- Take a Diabetes Self-Management class. Classes are FREE, just visit <https://prd.chfs.ky.gov/KYDiabetesResources/>.
- Take your diabetes medicine regularly, as prescribed.
- Test your blood sugar regularly, as directed by your doctor.
- Eat healthy foods and drink plenty of water.
- Get regular exercise.

**Passport has materials that can help you learn more about diabetes and how to talk to your doctor. Call us at 1-800-578-0603 and request items like these:**

- Diabetes Basics
- How to sign up for Diabetes Self-Management Education and Support
- Know Your Numbers and How to Track Them
- Eating Healthy with Diabetes
- Diabetes and Smoking
- Diabetes and Adult Vaccines (flu and pneumonia)

### **EARN UP TO \$125 IN REWARDS!**

#### **Diabetics who:**

- Complete the self-management class will be rewarded with a \$25 gift card.
- Have a yearly diabetic retinal eye exam will earn a \$50 gift card.
- Complete a yearly HbA1c test will earn a \$50 gift card.

## A CASE MANAGER CAN HELP YOU:

**Passport has Case Managers who can work with you one-on-one.**

**Call us at 1-800-578-0603 to request one.**

- Understand when to see your doctor and what questions to ask.
- Sign up for Diabetes Self-Management Education and Support.
- Learn what foods to eat more and what foods to eat less.
- Create a food plan that works for you.
- Create an exercise plan that works for you.

## **We're Here to Help!**

If you need help getting care, getting information about diabetes, or to request Case Management, call us at 1-800-578-0603 (TTY:711).

