



Protect Your Eyes



People with diabetes should get their eyes checked every year. Diabetes can damage the retina. This can cause vision loss. Eye exams for diabetes are paid for as part of your diabetes care.

An eye exam for glasses is not the same as getting a diabetic eye exam. The diabetic eye exam is called a retinal eye exam. Get your retinal eye exam every year.

What can you do to keep your eyes healthy?

- Keep blood sugar under control;
- Keep high blood pressure down;
- Be active every day;
- Take medication as your doctor tells you;
- Quit smoking; and
- Get your retinal eye exam every year.

Talk to your doctor about your retinal eye exam. If you have diabetes you can get an eye exam every year. If you have problems getting your retinal eye exam, call Member Services toll free at (800) 580-2811.

In This Issue

Protect Your Eyes	pg 1
The Flu Season	pg 2
Stop Smoking	pg 2
Moderate Your Diet	pg 3
What's Your Number?	pg 3
Nurse Advice Line	pg 4

Need Help Quitting Smoking?

If you need help quitting call Molina Healthcare's **Health Improvement Hotline** at 1-800-377-9594, ext. 182618 to get information about smoking cessation programs.

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.

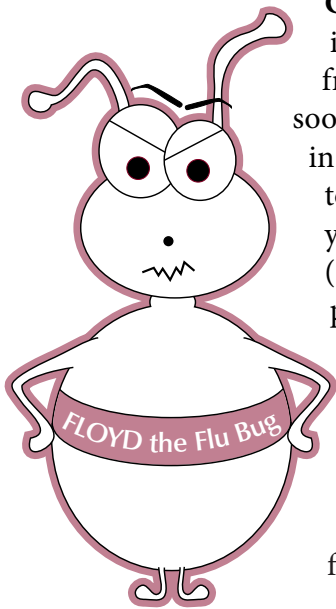
All material in this newsletter is for information only. This does not replace your provider's advice.

Molina Healthcare services are funded in part under contract with the State of New Mexico.

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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 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 in or have questions about the stop smoking program, please call:

The Health Improvement hotline
1-800-377-9594 x182618



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



saucers 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.

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!

What's Your Number?

Members with diabetes should get their A1C test every three (3) to six (6) months. The A1C test shows how well you have controlled your blood sugar level. It measures how much sugar is bonded to your blood. From this, you can see your average blood sugar control over the past three months. It can be used to see if treatment is working. For example, if you started an exercise plan you can see if it helped. If your A1C count is lower, that means it worked!

If your A1C shows your diabetes is in poor control you are at risk for complications. Complications are loss of vision, kidney problems, blood pressure problems and nerve problems.

Good A1C numbers are less than 7 %

Poor A1C numbers are greater than 9 %

Talk to your doctor about getting your A1C test done. You can also call our Nurse Advice Line. Our nurses can answer your questions.

1-888-275-8750 English for Salud and SCI

1-866-648-3537 Spanish

1-877-725-2552 for UNM SCI

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish

With regular A1C tests, you can see how well you are controlling your diabetes for a healthier life!



Don't let the flu bug get you!

Get a flu shot and be entered to win a Walmart gift card!



Flu season is here which means it's time for a flu shot. A flu shot is the best way to protect you from getting the flu. Get the flu shot as your provider recommends. Then, fill out the form below with your provider. Have him/her fax it to the number below or mail it by **March 30, 2010** and you'll be entered in a drawing to win a gift card from Molina Healthcare of New Mexico, Inc. (Molina Healthcare).



MEMBER INFORMATION - Please print clearly

Name: _____

DOB: _____

Mailing Address: _____

City, State, Zip: _____

Phone #: _____

PROVIDER INFORMATION

Date of Vaccine: _____

Provider Name: _____

Provider Signature: _____

Please fax or mail completed form by March 30, 2010.

Fax: (505) 798-7315
Attn: Health Improvement

Mail: Molina Healthcare of New Mexico, Inc.
Attn: Health Improvement
P. O. Box 3887
Albuquerque, NM 87190-9859

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Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English for Salud and SCI

1-866-648-3537 Spanish

1-877-725-2552 for UNM SCI

OPEN 24 HOURS!

Your family's health is our priority!

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