



Flu Season is Here!

Tips to Avoid Getting the Flu



Flu Season is here so be sure to protect yourself against the flu bug! Here are five easy ways to prevent getting the flu:

1. Wash your hands. That's right, washing your hands with soap in warm water for 20 seconds kills flu germs. Dry your hands with a paper towel then throw the towel away.

2. Don't touch your face. Germs can be on counter tops, towels, handrails or other people. If you touch a germ then touch your face, you can catch the flu. It enters the body through your nose or mouth, so keep your fingers away.

3. Avoid people that are sick. Teach children to cough into their elbow and use paper towels to dry their hands and face when they are sick. This will reduce the spread of the virus.

4. Don't share stuff. Sharing isn't always a good thing—especially when it comes to cups, utensils, phones and other objects that can spread flu germs.

5. Stay well rested and hydrated. If your body is tired or does not get enough fluids, it has to work harder to fight off germs. Get extra rest if you are starting to feel tired.

6. Stay home if you start to feel sick. If you feel sick, you probably are. Listen to your body. Stay home and rest.

Should I get the flu shot?

Getting the flu shot can reduce your risk of getting the flu. The United States Center for Disease Control and Prevention generally recommends that people at a high risk for complications from the flu should get the flu shot.

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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 providers and hospitals
- Your benefits
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Preferred drug list (approved drugs that providers can prescribe)
- How to contact a Nurse to help you with your health care
- 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 **1-800-642-4168**. Your member handbook is also a good resource. You can find it on our website.

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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.

Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 (English)
1-866-648-3537 (Español/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



Flu Season is Here! *Continued...*

These people include:

- Children aged 6 months through 18 years of age
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions such as asthma or diabetes
- People who live in nursing homes or other long term care facilities.
- People who care for those at high risk for complications from the flu
- People who have household contact with those at high risk for complications from the flu
- Day care workers of children 6 months of age or younger. The children are too young to be vaccinated so we need to reduce the risk of passing the virus to them.
- Healthcare workers

Some people think the flu shot gives you the flu. This is not true. Please talk with your provider to see if the flu shot is right for you.

What can I do for myself if I get the flu?

Stay home and take good care of yourself when you are sick. Eat well and drink fluids to stay hydrated. Try drinking water and making yourself soup. Popsicles are another way to help children stay hydrated. You should also get plenty of rest. Over-the-counter medicines may be used to reduce fever, aches and pains. If you have other medical conditions or take other medicines, ask your provider or call a nurse before taking additional medicines.

Remember, the flu is a virus. That means antibiotics won't cure it. Antibiotics fight illness caused by bacteria. They don't work against things usually caused by viruses like colds, the flu, or most coughs and sore throats.

You may call Molina's Nurse Advice Line at any time 24 hours a day, 7 days a week to get more information or ask questions. The phone number is on the back of your member card (1-888-275-8750 English and 1-866-648-3537 Spanish).

Got Diabetes? Get an Annual Eye Exam

Diabetes is the leading cause of blindness in adults. Diabetics have a higher risk of eye diseases such as:

- Cataracts (clouding of the eye's lens)
- Glaucoma (increase in fluid pressure inside the eye)
- Diabetic retinopathy (damage of the blood vessels in the eye).

Many times diabetics do not have signs of eye problems until blindness is already starting. The only way to find early signs of diabetic eye disease is to have a dilated eye exam. This is an exam where the provider uses special eye drops to make your pupil – the opening of your eyeball -- larger. Your provider can then see the back of your eyes and check if you have any diabetic eye disease beginning. This exam can be done by an ophthalmologist or optometrist. The American Diabetes Association (ADA) recommends a dilated retinal exam every year for people with diabetes. The dilated eye exam is covered by your Molina Healthcare benefits so schedule an appointment with a Molina approved ophthalmologist or optometrist today!



You are receiving this as part of the Healthy Living with DiabetesSM program. If you do not want to receive this newsletter or participate in the Breathe with EaseSM program, please call us at Molina Health Education at 1-800-357-0146 ext. 214390.

Sneak in Some Exercise



During the fall season you might be extra busy. There is shopping to do, holiday 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!

Travel and Diabetes

When traveling or going on vacation, you don't get to leave your diabetes behind. Here is a list of things to keep in mind before you go.

Plan ahead:

Make an appointment to see your health care provider four to six weeks before your trip. Have a check up. Get a letter from your provider explaining that you have diabetes. Also get a prescription for insulin or oral medication in case of an emergency.

What to pack:

Pack twice the amount of medication and supplies in case you are gone longer than you planned. If you take insulin, pack an extra bottle of regular just in case. Don't forget to bring a glucose monitor and test strips. Keep snacks, glucose gel, or tablets with you in case your blood sugar drops. Bring your glucagon emergency kit.

If you are flying:

Keep all supplies in your carry-on luggage. Tell airport security that you have diabetes. You can take medicine and supplies through security checkpoints. They must have prescription labels on them. Have enough food with you to cover the entire flight. If you inject insulin while on the plane, don't inject air into the bottle. This is because the cabin is pressurized.

Other important tips:

- Don't keep your medication in the trunk or glove compartment of your car. Insulin does not have to be refrigerated. But it should not get too hot or too cold.
- Tell traveling partners about the early signs of low blood sugar. These signs are glassy-eyed, confused, irritable, or sweating inappropriately. You will need sugar, juice, or milk right away.
- Take care of your feet. Change your shoes often. This will help prevent blisters and soreness at pressure points. Bring a first aid kit with you to treat minor foot injuries.
- Test your blood sugar more often. Changes in your daily schedule can affect your blood sugar.
- Always wear medical identification that says you have diabetes.