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Part# 2453Rev0508



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



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 healthcare provider four to six weeks before your trip. Have a check up. Get a letter from your doctor 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. 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.

Smoking and Diabetes Do Not Mix

Would you like to stop smoking? Call the Ohio Tobacco Quit Line at 1-800-QUITNOW (1-800-784-8669) or www.ohiotobaccoquitline.com for information about smoking cessation programs.

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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 doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors 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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Treatment Options

Diabetes is a disease in which your body does not make or use insulin. There is not a cure for diabetes. However, it is treatable. Everyone's treatment plan is different.

People with type 1 diabetes don't make insulin. The cells inside their pancreas that make insulin are destroyed. Treatment involves insulin. The insulin must be injected. There are many forms of insulin. Some are rapid acting and some are long acting. Some you take right before you eat. Others you take before you go to bed. Not everyone takes the same kind of insulin or is on the same schedule.

Exercise and a healthy diet are also part of the plan. Weight loss can help control diabetes. Good nutrition can prevent complications from diabetes. Exercise helps push sugar into cells. This is why insulin doses may need to be adjusted. Your doctor can help you with this.

For some people with type 2 diabetes, exercise and a balanced diet are enough to keep their blood sugar in check. If not, oral medicine can be added. People with type 2 diabetes make insulin. However, it is not enough or



their body doesn't use it. Oral medicines work in different ways. Some help release more insulin. Others slow the liver's release of sugar. A third kind slows the breakdown of sugar. Another makes your cells more sensitive to insulin. Many people with type 2 diabetes will eventually need insulin injections.

Ask your doctor what treatment plan is best for you. Remember, good management is key to an active life.

Exercises to Watch Your Weight

Exercise is an important part of diabetes management. It can decrease body fat and lead to better weight control. For people with type 2 diabetes, exercise can improve insulin sensitivity. It can help put you in a good mood too.

There are three parts to a good routine. These are aerobic activity, strength training and stretching. Aerobic activity raises your heart rate and breathing rate. It includes things like walking, dancing and biking. Aim for 30 minutes a day most days of the week.

Strength training is good for your muscles and bones. The more muscle you have, the more fat you will burn. And building strength can help you do normal daily activities. You don't have to pump iron to lift weights. Try using resistance bands or lifting canned goods.

Light stretching is good for your joints and muscles. However, you don't want to stretch cold. That means you need to warm up a little first. March in place or step side to side for several seconds before stretching. Never bounce while stretching. Bouncing increases the chances of injuring yourself.

Getting started on a regular exercise routine is sometimes the hardest part. The key is to find something that you enjoy. Start out slow and work your way towards a goal. For example, start out with a 10-minute walk and add a few more minutes each day.

Before you start an exercise plan, talk to your health care team. Be sure to drink water before, during and after you exercise. Lastly, learn your blood sugar's response to exercise. Don't forget to have fun!

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

What Makes Diabetes Worse?

Diabetes affects almost every body system. It affects your blood vessels, kidneys, eyes, heart and nerves. If you have diabetes you should know what makes diabetes worse.

The following can make diabetes worse:

- Poor blood sugar control
- Poor blood pressure control
- Poor diet
- Physical inactivity
- Smoking

Poor blood sugar control means not taking your medicine properly. There are two main types of drugs for diabetes. These are insulin and oral medication. Insulin can come in three different forms. You might be on one or more types of insulin. The oral medications vary. You might take them once or more a day, with meals, before meals or without food.

This can be confusing! It is important to know what you are taking. It is also important to know how to take it and when to take it. Everyone's treatment plan is different. If you do not understand, talk to your doctor.

Poor blood sugar control also means not testing your blood sugar levels. Check your own blood sugar regularly. This can let you know if you need more or less insulin. It can also tell you how well your treatment plan is working. High blood sugar levels cause changes in your blood vessels. These structural changes are bad. They contribute to eye, kidney, nerve and vascular problems.

Poor blood pressure control means that your blood pressure is too high. You should aim to



keep your blood pressure below 130/80 mmHg. High blood pressure puts you at risk for heart disease, strokes, and kidney disease.

A healthy diet and active lifestyle is important. Diabetics should have a nutrition plan. The plan should focus on individual needs. Diabetes is a risk factor for cardiovascular disease. Therefore, limit your saturated fat intake. Also, limit cholesterol intake to 300mg or less a day.

Regular physical activity is an important part of diabetes control. If you are not active, it can make your diabetes worse. Weight loss has been shown to improve diabetes control.

Smoking is extra harmful for people with diabetes. Nicotine in cigarettes makes your blood vessels get hard and narrow. This reduces blood flow to your body. People with diabetes already have a reduced blood flow. Smoking makes this problem worse.

Having diabetes can be tough, but there are many ways to manage it. Knowing what makes diabetes worse can help you live a healthier, longer life.

**When you travel away from your hometown,
Molina Healthcare pays for emergency care for you.**

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.