

# Fall 2015 Diabetes and Heart Disease Awareness

Molina Healthy Living with Diabetes® and Heart Healthy Living®



## Manage Your Diabetes

### What is diabetes?

Your body turns the food you eat into blood glucose (blood sugar). Insulin tells your cells to absorb this glucose to use for energy. For people with diabetes, cells do not respond to insulin and the glucose stays in the blood.

### How can you manage your diabetes?

- Take your medicine exactly as directed by your provider.
- Monitor your blood glucose levels regularly at home. Track your results.
- Regular check-ups are really important.
  - Blood tests
  - Eye, foot and dental exams
  - Annual flu shot

Ask your provider about diabetes and what you can do to stay healthy.

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This newsletter is part of a Health Management Program. If you do not want to be a part of this Program, please let us know. Call us toll free at (866) 891-2320.

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

This newsletter is on our website at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com).

To get this information in an accessible format, please call Member Services. The number is on the back of your Member ID card.

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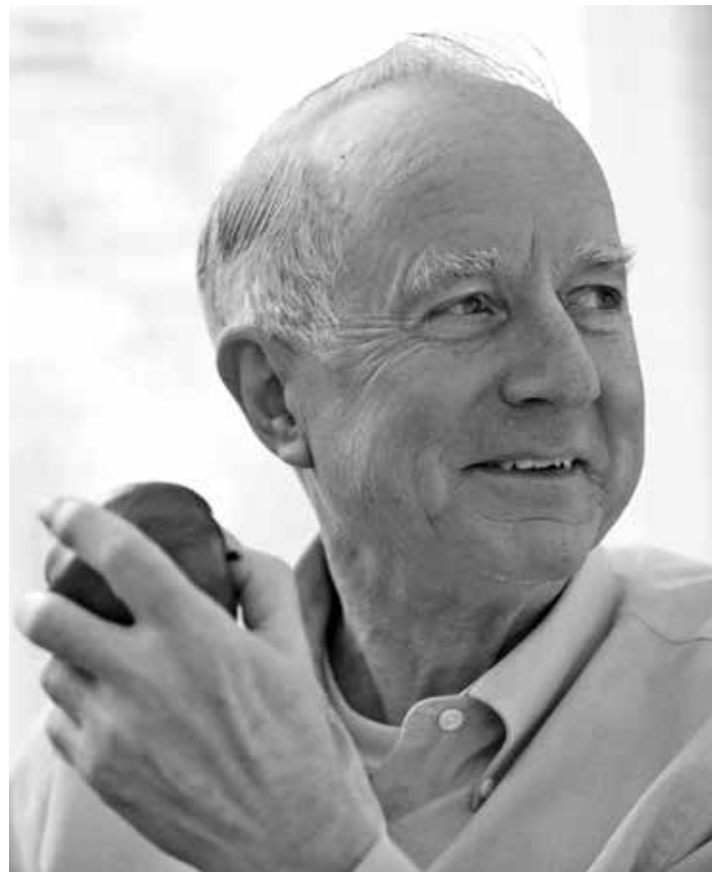
# Control Your Blood Pressure

## What is blood pressure?

Arteries carry blood from your heart to other parts of your body. Blood pressure is the force of blood pushing on the walls of your arteries. Over time, high blood pressure can lead to heart disease, kidney disease or damage to blood vessels.

## How can you control high blood pressure?

1. **Eat healthy.** A heart healthy diet includes foods that are low in cholesterol, saturated and trans fats, sugar and sodium (salt). Read nutrition labels to help you choose healthy foods.
2. **Stay active.** Start walking 10 minutes a day. Try to add more time each week.
3. **Reduce alcohol intake.** Do not drink more than 1 drink a day for women and 2 drinks a day for men.
4. **Quit Smoking.** It is never too late to improve your health! Call Member Services to learn about our Stop Smoking Program.



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# Eat Healthy Foods

Eating healthy food can help you manage your cardiovascular disease (CVD).

Here are a few tips for eating a healthy diet:

- **Limit solid fats.** Cut down on the solid fat you eat. Solid fats can be butter, margarine or shortening. Many recipes for gravies, cookies, and other baked goods include solid fats. As a general rule, if the fat can *melt*, it is not healthy and should be limited.
- **Include a portion of protein.** A serving is about the size of a deck of cards. Good sources of protein are lean meats, poultry and fish. Low-fat dairy products and eggs are also good sources of protein.
- **Eat fruits and vegetables.** Try to eat 2-5 servings per day.
- **Eat whole-grain breads and pasta.** Look for “whole grain” on the food label. Whole-grain foods include cereal, bread and pasta.
- **Limit your salt intake.** Avoid adding extra salt to your food. Try to consume less than 1500 mg of salt per day.
- **Eat fewer calories.** Watch your portion sizes and limit second servings.

# Prevent the Flu

The **single best way to prevent seasonal flu is to get a flu shot** each year. As a Molina Healthcare member, you can receive your seasonal flu shot for free. Many pharmacies offer the flu shot for adult members. You can also ask your provider.

Flu season usually starts in October. Follow good health habits. Help stop the spread of germs and prevent illnesses like the flu.

1. Avoid close contact with others who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose when you cough or sneeze.
4. Wash your hands often with soap and water.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits. Get plenty of sleep, eat healthy foods, and manage your stress.



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## Questions about Your Health?

Call Our 24-Hour  
Nurse Advice Line!

English: (888) 275-8750  
Spanish: (866) 648-3537

OPEN 24 HOURS!

Your health is our priority!

For the hearing impaired, please call  
TTY (English and Spanish): 711

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Your Extended Family.

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