

Clear and Easy #2



Molina Healthcare
24 Hour Nurse Advice Line
(888) 275-8750

TTY: (866) 735-2929

Molina Healthcare
Línea de TeleSalud
Disponible las 24 Horas
(866) 648-3537

TTY: (866) 833-4703

Titles by Clear and Easy

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart
Disease

Book 17 – Postpartum: Caring for You and
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.



NM Members:

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

Clear and Easy

Book 2 - Diabetes

Important Phone Numbers

Provider: _____

Provider: _____

Family: _____

Neighbor: _____

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are part of one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.

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Introduction

You and your provider can work together to help you be as healthy as you can be.

This booklet gives you some quick tips on what you can do to manage diabetes. You should not use this booklet in place of what your health care provider tells you. If you have problems with your health, be sure to see your provider (or Primary Care Provider) for treatment.

For questions about medicine or health concerns, you can call your provider. You should not use this booklet in place of what your health care provider tells you.

If your health plan has a nurse advice line, you can call them too. If you don't feel well, they can help you decide what to do.

You may have someone who helps you with your health care. You must give permission to your provider or case managers to talk to this person about your care.



This booklet is to help you. It does not take the place of your provider's care. If you or your family has an emergency, you should call your provider. Or, go to the nearest emergency room.

What Is Diabetes?

Your body turns most of the food you eat into glucose. Insulin helps your body turn glucose into energy. There are different kinds of diabetes.

- Type 1 – The body does not make insulin. People with Type 1 diabetes need to take insulin every day.
- Type 2 – The body is making insulin, but not enough. It doesn't use the insulin well.
- Gestational – This may occur when a woman is pregnant. Gestational diabetes raises her risk of getting Type 2 diabetes.

You can control diabetes and live a normal life. To do this, you need to:

- Make healthy food choices.
- Exercise almost every day.
- Watch your weight.
- Manage your stress levels.

You may have questions about your diabetes. Call your provider's office. They can answer your questions. If you don't feel well they can give you suggestions to help you feel better.



They will also ask you important questions to be sure nothing else is wrong.

Goals

Talk to your provider or call the nurse advice line if your numbers suggest you need to take action. You and your provider should decide what your blood sugar goals are.

Taking good care of yourself and your diabetes can help you feel better and avoid health problems. Diabetes can make you feel tired and affects your immune system.

It can also lead to:

- Heart disease and stroke.
- Eye problems that can lead to trouble seeing or going blind.
- Nerve damage that can cause your hands and feet to feel numb. Take special care of your feet. Some people may lose a foot or a leg.
- Kidney problems that can cause your kidneys to stop working.
- Gum disease and loss of teeth.

Daily Life

When your diabetes is in control you feel better and have more energy. Talk to your provider about a care plan to keep you as healthy as you can be.

- **Learn about a meal plan.** Your health care team is here to help you. They can help you learn how to read food labels.
 - o **Eat at regular times every day.** This helps keep your blood sugar levels even. Watch your portion sizes.
 - o **Make healthy food choices** such as fruits and vegetables, fish, lean meats, chicken or turkey without

the skin, dry peas or beans, whole grains and low-fat or skim milk and cheese.

- o **Eat fish, lean meat and poultry.** A portion is about 3 ounces, or the size of a deck of cards. Avoid frying. Better to bake, broil or grill.
- o **Eat foods that have less fat and salt.**
- o **Eat foods with more fiber** such as whole grains cereals, breads, crackers, rice or pasta.

- **Get 30 to 60 minutes of physical activity**

almost every day. A brisk walk is a great start. Other good ideas are swimming, biking, gardening and playing with the kids.



- **Stay at a healthy weight** by watching your meals and getting more exercise.
- **Get support** from a mental health counselor, health care team, support

group, your church or friends and family. They can give you new ideas. They can also join you in your healthy lifestyle.

- **Manage stress.** Stress can raise your blood sugar levels. Take classes to help you learn how to manage stress.
- **Stop smoking.** Ask for help to quit.
- **Take your medicines.** Take them even when you feel good. Ask your provider if you need aspirin to prevent a heart attack or stroke. Tell your provider if you cannot afford your medicines or if you have any side effects.

- **Check your feet every day** for cuts, blisters, red spots and swelling. Call your health care team right away about any sores that do not go away.

- **Brush your teeth and floss every day.** See a dentist at least every six months.



- **Check your blood glucose** (blood sugar). You may want to test it one or more times a day. Write down your blood glucose numbers. Be sure to take this record to every provider visit.
- **Get your eyes checked every year.** If you have changes in your vision, tell your provider.

How to Read a Food Label

The Nutrition Facts label helps you determine the amount of calories and nutrients in one serving of food. Nutrients include fats, carbohydrates, protein, vitamins and minerals. This information helps you know whether you're eating a healthy, balanced diet.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container about 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
% Daily Value*			
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Proteins 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- **Calories** - Watch your calories if you are trying to lose or maintain your weight. You can use the labels to compare products see which have fewer calories. To find out how many calories you need each day, talk with your provider.
- **Total Fat** - Total fat tells you how much fat is in a food per serving. It includes fats that are good for you such as mono and polyunsaturated fats. It also includes fats that are not so good, like saturated and trans fats. Mono and polyunsaturated fats can help to lower your blood cholesterol and protect your heart. Saturated and trans fat can raise your blood cholesterol. This can increase your risk of heart disease.

- **Sodium** - Sodium (or “salt”) does not affect blood glucose levels. However, many people eat more sodium than they need. Table salt is very high in sodium. There is also hidden salt in many foods like cheese and salad dressings. Canned soups and other packaged foods are also high in salt. Use herbs and spices in your cooking instead of adding salt. Adults should aim for less than 2300 mg per day. If you have high blood pressure, it may be helpful to eat less.
- **Total Carbohydrate** - Carbohydrates can raise your blood sugar. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate on the label includes sugar, complex carbohydrate and fiber.

Carbohydrate includes milk and fruits. Some food has no natural or added sugar but has a lot of carbohydrate.

- **Fiber** - Fiber is part of plant foods that is not digested. Dried beans like kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. Try to eat 25-30 grams of fiber per day. This goes for everyone, not just people with diabetes.



- **List of Ingredients** – This list helps you spot things to avoid like coconut oil or palm oil. The ingredient list is also a good place to look for healthy ingredients like olive or canola oils. Look for whole grains, like whole wheat flour and oats.

Important Things to Track

See your health care team regularly. You may need to see them more often until your diabetes is in control. Talk to your provider to set your goals.

At least once a year, be sure to get these tests. Talk to your provider so you understand what they mean:

- A1c – if it is over 7.0 you may need it more often
- Cholesterol
- Triglycerides

- Complete foot exam
- Dental exam to check teeth and gums
- Dilated eye exam
- Flu shot
- Urine and a blood test to check for kidney problems

Talk to your provider about getting a pneumonia shot.

Sick Day Rules

If you get sick, your blood sugars will be affected. With a little extra help, you can control your blood sugars when you are sick.

- Check your blood sugar more often if it is high.



- If you have Type 1 diabetes, test your urine for ketones if blood sugar is more than 240 mg/dl.
- Drink lots of fluids to prevent dehydration.
- If you can't eat solid food, you need a little carbohydrate every 3-4 hours.
- Limit exercise.
- Take your medicine.
- If you are vomiting, or very drowsy, call your provider or our nurse advice line.

Support

Many people with diabetes have other health issues. These can include:

- High blood pressure
- High cholesterol
- Heart disease
- COPD

- Osteoporosis
- Depression
- Cancer

Coping with these issues can be hard. You may be stressed or become depressed. It's different for every person.

People who help take care of others can also be stressed. It can be hard to keep up with a treatment plan.



Some people don't understand what they need to do. Family members may disagree with a treatment plan. There can be financial problems. Sometimes people feel fear or anxiety, even depression. Alcohol and other substance abuse can occur.

Tell your family and friends how you feel. Let them know how they can help you.

It's OK to ask for help if you are having any of these problems. Your treatment team can help you. Talk to your provider or case manager. Joining a support group can help too. This booklet gives names and phone numbers of places where you can get help.

How Can Family or Friends Help?

You may have someone who helps you with your health care. They can:

- Help remind you to take your medicines.
- Help you buy and prepare healthy foods.
- Take a walk with you.
- Go to provider visits with you.

Sometimes it helps when someone else hears what your health care provider says. You must give permission to your providers and case managers to talk to this person about your care.

Resources

National Diabetes Education Program

(888) 693-6337

www.ndep.nih.gov

American Diabetes Association

(800) 342-2383

www.diabetes.org

Academy of Nutrition and Dietetics

(800) 877-1600

<http://www.eatright.org/Public/content.aspx?id=6818>

American Heart Association

(800) 242-8721

<http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes>

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**National Center for Chronic Disease
Prevention and Health Promotion
Centers for Disease Control and
Prevention**

(800) 232-4636

TTY: (888) 232-6348

www.cdc.gov/diabetes

**National Institute of Diabetes and
Digestive and Kidney Diseases**

National Diabetes Information
Clearinghouse

Office of Communications & Public
Liaison

NIDDK, NIH

(800) 860-8747

TTY: (866) 569-1162

<http://diabetes.niddk.nih.gov/>

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