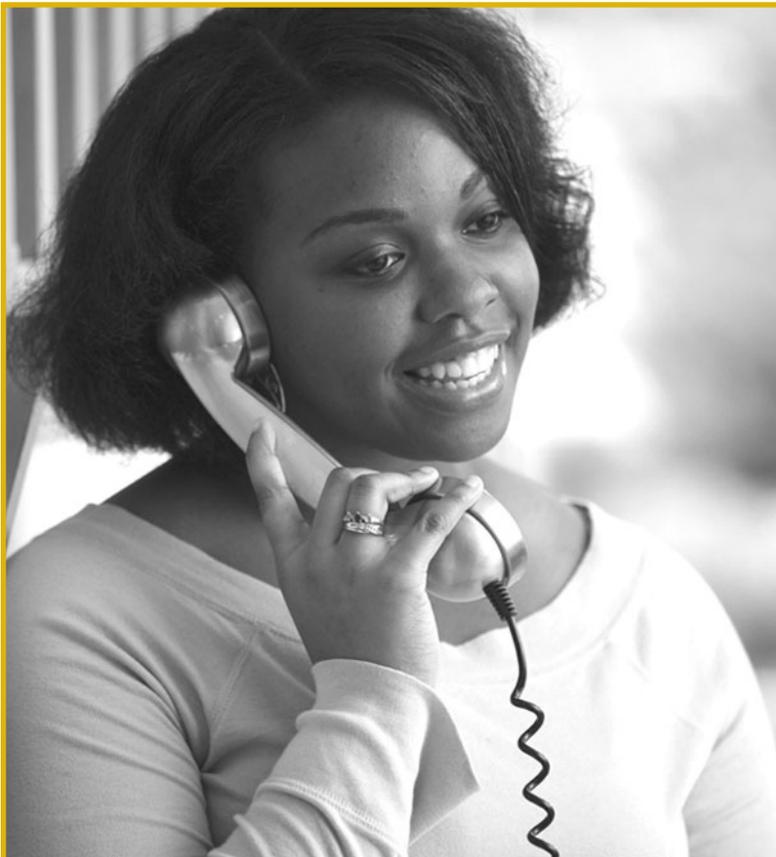




P.O. Box 4004
Bothell, WA 98041

Part# 1370Rev0508



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



Take Care of Your Feet

We often forget about our feet. Many times we take them for granted. When you have diabetes, it is important that you look at your feet every day.

High blood sugar can cause damage to the nerves in your feet. This is called neuropathy. When you have neuropathy, your feet and legs may feel numb. It may be hard for you to feel pain or temperature change in your legs and feet. You might not realize you have a blister or cut. People with diabetes need to check their feet every day.

High blood sugar can also make it harder for your body to heal. Corns, blisters, warts or athlete's foot can be trouble. Any of these problems can lead to an infection. Infections take longer to heal with high blood sugars.



TO TAKE CARE OF YOUR FEET:

- Check your feet every day. Check for any sores, redness or other problems. Have someone else check your feet too.
- Wash your feet in warm (not hot) water for a few minutes every day. Dry them well. Don't forget to dry in between your toes too.
- Put lotion on your feet every night, but not between your toes.

...Continued on page 2

Smoking and Diabetes Do Not Mix

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear**[®]. Call the Washington Tobacco Quit Line at 1-877-270-7867. Quit for Life.

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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 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

Healthy Living with DiabetesSM is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor's advice.

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.

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.

Take Care of Your Feet *(Continued)*

- Cut your toenails once a week. Don't cut them too short.
- Use a pumice stone to gently work away corns and calluses.
- Do not walk barefoot. Wear closed-toed shoes and slippers at all times.
- Buy shoes that fit well. Break them in slowly. Buy shoes at the end of day when your feet are swollen.
- Replace your high heels and pointy-toed shoes with round-toed flats.

TALK TO YOUR DOCTOR:

- If your feet or legs feel tingly or are swollen.
- If you have a sore that won't go away.

- If there are changes in the color of the skin on your feet.
- If you have pain in your legs while sitting or walking.
- If the skin around your heel is cracked.

EVERY DOCTOR VISIT:

- Remove your shoes and socks every time you visit your doctor. He or she can check for blisters and sores that you may not have noticed.

KEEP YOUR DIABETES IN CONTROL. TAKE GOOD CARE OF YOUR FEET. THEY ARE THE ONLY ONES YOU HAVE!

Urine Microalbumin Test

What is it?

People with diabetes or high blood pressure are at risk of getting kidney disease. Urine Microalbumin is a lab test doctors will use to screen for protein in your urine.

When is it requested?

The National Kidney Foundation recommends that Type 2 diabetics under the age of 70 and Type 1 diabetics over the age of 12 are tested once a year for protein in the urine. A doctor may also request this test if a person is newly diagnosed with Type 2 diabetes. Persons with Type 1 diabetes should begin having this test 5 years after their diabetes was diagnosed.

What do the microalbumin levels mean?

- Normal levels = no kidney disease
- Moderate levels = early stages of kidney disease
- High levels = kidney disease is present

New studies have found that moderate and high levels of microalbumin can increase the risk of cardiovascular disease (CVD).



Have You Had Your Diabetes Labs?

Make sure to have your diabetes lab tests done at least once a year. If you have not had your labs, call your provider and set a time to have this done.

Molina Healthcare will send you a \$10 **Safeway gift card** when your provider fills out this form and faxes it to Molina Healthcare.

Annual Diabetes Laboratory Tests

Member: Please tear off this sheet and fill in this part before giving to your provider.

Name: _____ Date of Birth: _____

Address: _____

City: _____ Zip: _____

Phone Number (Include area code): _____

Provider: Please complete this section and fax to Molina Healthcare at (800) 461-3234.

HbA1c test date: _____

HbA1c results: _____

LDL results: _____

HDL results: _____

Microalbumin test date: _____

Microalbumin test value: _____

Please check here if a positive urine protein test substituted for the microalbumin test.

Provider's Name: _____

Provider's Signature: _____

Provider's Phone: _____

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 1-800-423-9899, ext. 141428.