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For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID card.

Also call our Nurse Advice Line when you have questions about your health:

**1-888-275-8750**

For the hearing impaired please call TTY/866-735-2929  
24 Hours a day, 7 days a week - everyday of the year!

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Molina Healthcare does not discriminate on the basis of race, color, religion, age, national origin, disability or sex.

# Healthy Living with Diabetes<sup>sm</sup>



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### Message to Members

If you do not want the **Healthy Living with Diabetes<sup>sm</sup>** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (800) 423-9899 extension 141428.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

### 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.**



## Staying Healthy with a Chronic Condition

**E**veryone should have regular doctor visits to make sure they are in good health. Seeing the doctor is even more important for people with a chronic condition. A chronic condition is an illness that lasts for a long time. The doctor can help you manage your condition and reduce your risk for other health problems.

### REMEMBER TO:

**VISIT YOUR DOCTOR AT LEAST ONCE A YEAR.** This is a perfect time to talk to your doctor about any concerns you may have.

**KNOW YOUR NUMBERS.** Your doctor will check your weight, blood pressure, cholesterol, and A1c. Work with your doctor to keep your numbers under control. This can help you prevent other health problems.

**TAKE YOUR MEDICINE.** Always take your medicine as ordered. Tell your doctor if your medicine does not make you feel well or you have any other side effects. Always talk with your doctor first before stopping any medicine. You and your doctor can find what works best for you to manage your diabetes.

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# Staying Healthy with a Chronic Condition continued...

## **MAKE SURE YOUR SHOTS ARE UP-TO-DATE.**

Adults need vaccines too! They help to protect you from deadly diseases. Ask your doctor what vaccines you may need.

**ADOPT A HEALTHY LIFESTYLE.** Include fresh fruits and vegetables in your diet every day. Try whole grain foods such as 100% whole wheat

bread. Do not smoke, and limit your alcohol intake. Exercise daily. Talk with your doctor before starting any exercise program.

**If you have not seen your doctor lately, give your doctor a call. Keep your body healthy and your chronic condition in control.**



# A Step Forward for your Feet

**W**hen you have diabetes, it is important that you pay close attention to your feet.

High blood sugar can cause damage to the nerves (neuropathy) in your feet. When you have neuropathy the following can happen:

- Feet and legs often feel numb
- It can be hard for you to feel pain or temperature change
- You may not realize you have a blister or cut

Corns, blisters, warts or athlete's foot can be trouble. Any of these problems can lead to an infection that is hard to heal if you have diabetes. Ask your doctor about diabetic shoes and cotton socks.

## **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
- If you have question about how to cut your toenails or use a pumice stone

## **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.

**Be sure to keep your diabetes in control to prevent neuropathy. Make sure to take good care of your feet.**

