

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:
(888) 275-8750

Español:
(866) 648-3537

TTY/TDD:
711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

MolinaHealthcare.com



Your Extended Family.

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Manage Blood Glucose

Diabetes



Your Extended Family.

What is blood glucose?

Your body changes the food you eat into blood glucose (blood sugar). Blood glucose provides your body with energy.

Why should you manage your blood glucose?

High blood glucose levels (hyperglycemia) can cause damage to your heart, kidneys, eyes, and nerves. This damage can lead to heart attack, stroke, kidney failure, blindness, loss of limbs or death.

Low blood glucose levels (hypoglycemia) can cause you to feel shaky, dizzy or confused. It can also cause seizures or loss of consciousness.

How can you manage your blood glucose?

- **See your provider regularly.** Your provider can test your blood glucose. Learn the levels that are right for you. Your provider can help you create an action plan.
- **Test your blood glucose at home.** Home testing kits are easy to use. Tell your provider your results.
- **Keep track of your blood glucose test results.** These results can help you and your provider make the right changes to your action plan.



Manage your blood glucose.

Your provider can help you make decisions about your medicines, daily meals, snacks and physical activity.