

# HOW CAN YOU BE YOUR HEALTHY BEST?

We'll help you figure out a plan.



## Your checklist for managing diabetes

1. **Get routine checkups.** *Got it.*
2. **Eat right.** *Check.*
3. **Get moving.** *Sneakers on.*
4. **Track blood sugar levels.** *Nailed it.*

Does your daily to-do list look like this? We hope so. Living with diabetes takes work and the willingness to make some changes. There are many things you can do to keep it under control. Use this guide to help you stay on track with your routine checkups, blood sugar levels, medications, diet and exercise. And don't forget — your doctor can always help answer your questions.

**You're not alone. Diabetes can affect anyone — men, women and children. Keeping it under control is key to leading a normal life.**

Make simple lifestyle changes. They go a long way.

## On the plus side. If you have diabetes ...

most side effects can be prevented, delayed or effectively treated by:

- *Getting regular medical checkups and screenings.*
- *Eating right:* Eat several small meals and snacks to control hunger and maintain blood sugar levels throughout the day.
- *Watching your weight:* Talk to your doctor about manageable weight goals.
- *Exercising:* Aim for at least 150 minutes a week or 30 minutes a day. Make sure to ask your doctor what's right for you.
- *Taking the right medication, in the right amount:* Work with your doctor to find the right medication and dosage for you.
- *Tracking blood sugar levels:* Be sure to review your results regularly. Identifying patterns or trends can help you adjust your blood sugar management.

No matter what type of diabetes you have, following these guidelines will help you take better control of it.

Don't forget. You can always reach us.

non-Medicare: 833-663-4176

Medicare: 800-442-9300

TTY: 711

Pick up the phone. Set up those routine exams.

## Routine checkups that take care of you from head to toe

Seeing your doctor is one of the most important things you can do to stay healthy. Regular health screenings can help you and your doctor prevent or treat possible issues at an early stage.

## Help when you need it

Visit [unicarestatplan.com](http://unicarestatplan.com) 24/7

- Get tools and resources on topics like healthy eating, weight loss and quitting smoking.
- Take advantage of our fitness club reimbursement of \$100 per family each plan year.
- Find a nearby doctor, including a dietician or eye doctor, or hospital in the network.
- Compare different hospitals for quality and cost.
- Get discounts on healthy living products and services, like coaching programs for weight management, stress reduction and quitting smoking.
- View benefits or check on a claim.

Count on UniCare's 24/7 **NurseLine** to get answers

- Talk to a registered nurse by phone about your medical concerns. Call the toll-free 24/7 NurseLine number on your member ID card. (Be sure to select the *NurseLine* option.)
- Access hundreds of health topics in the NurseLine AudioHealth Library.

## Find resources available in your area

- Check out classes or one-on-one sessions at your local hospital or clinic.
- See if there are any support groups you can attend.



An Anthem Company

Here's a handy reminder to hang on your calendar, pin to your bulletin board or post on your fridge. Remember, these tests are important. (Plus, you don't even have to study for them.)

Test/screening	How often	Why it's important	Appointment date	Test results	Doctor's info
<b>Blood pressure</b>	Every time you visit the doctor	Diabetes can affect blood vessels. Maintaining healthy blood pressure levels can help you avoid serious complications.			
<b>Foot exam</b>	Every time you visit the doctor	Diabetes can cause nerve damage, so you may be unaware of any injuries to your feet.			
<b>HbA1c (hemoglobin A1c) tests 3-month average of blood sugar</b>	Every 3 to 6 months	Tells how your diabetes is managed over time, so you and your doctor can adjust your care plan.			
<b>Cholesterol</b>	Once a year	Diabetes can affect the cardiovascular system. You can cut your risk of heart disease by keeping your cholesterol (especially LDL) within the recommended range.			
<b>Nephropathy screening (urine)</b>	Once a year	Tells how well your kidneys are working, because diabetes can affect kidney function. Early diagnosis and treatment is key in slowing kidney damage.			
<b>Dilated eye (retinal) exam</b>	Once a year	Checks for signs of retinopathy. Diabetes can affect tiny blood vessels and nerves in and around the retina. Early detection can help preserve eyesight.			
<b>Dental cleanings</b>	Every 6 months	High blood sugars can affect your gums and teeth and cause increased plaque bacteria.			

## We're here for you, too.

We work in partnership with your doctors to help you get the care you need. We may send you little reminders just to make sure you're getting the most from your health care benefit plan – especially when it comes to preventive care. Ask your doctor about other preventive health tests or screenings that might be right for you, such as breast, cervical and colon screenings. Your plan may even cover 100% of the costs of some of these preventive health screenings.\* It's just our way of saying we care about you and your health.

\* Please see your member handbook for details about covered benefits, procedures and exclusions. Remember, your health care needs may be different from others. This information is intended for education, not medical advice. Please ask your doctor for medical advice.