



Diabetes and Your Health WellCare Cares About You!

This booklet will help you:

- ✓ Manage your appointments with your doctor(s).
- ✓ Manage your blood sugar and Hemoglobin A1C levels.
- ✓ Track your blood pressure.
- ✓ Manage your medications and ask about side effects.
- ✓ Review the importance of your eye exams.



Diabetes is a disease where too much sugar is in your blood and your body doesn't make enough insulin to control it. Insulin is a hormone (messengers in your body that move from tissues to organs) that is made by your pancreas (an organ in your body) that lowers your blood sugar. If your body does not make enough insulin, you will develop diabetes.

When you are diagnosed with diabetes by your doctor, you will be told to take medicine in the form of a pill, insulin injections, or both. There is no cure for diabetes, but your blood sugar can be controlled with a healthy lifestyle.



Important Tips to Control Diabetes



Visit your doctor at least once every year.



Stop smoking.



Know your blood sugar levels. Your doctor will take your blood sugar (which is sometimes called glucose). It is also called Hemoglobin A1C (HbA1C) which measures your average blood sugar over two to three months.



Take your diabetes medicine as ordered by your doctor. This may be pills, injections, or both.



Do not miss your medications. Use a pill box or set reminders.



Exercise and stay active. This will help you reduce your blood sugar (glucose), weight, and blood pressure. This can be as simple as walking around your house, moving your legs and arms while sitting, or taking a walk outside.



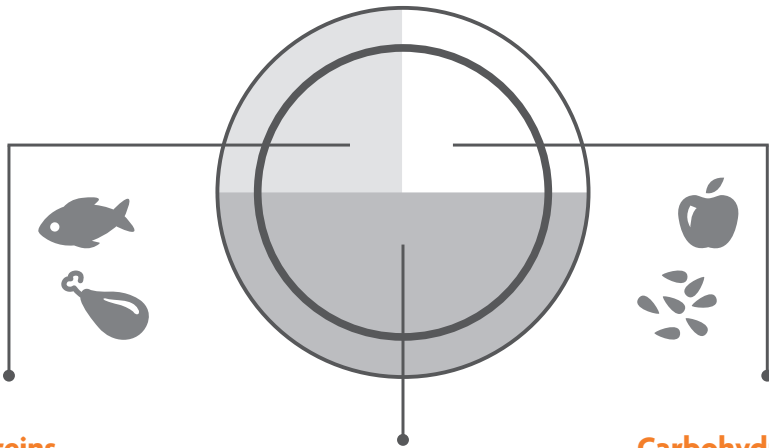
Eat a healthy diet low in sugar and carbohydrates. Eating more fresh fruit, vegetables, lean protein, and whole grains can help lower blood sugar (glucose), weight, blood pressure, and cholesterol. Stay away from processed foods.



The Plate Method

A meal plan can help you track what you're putting in your body to keep your blood sugar levels in your target range. The Plate Method is an easy way to eat the food you need without much effort. All you need is a non-starchy vegetable, lean protein, and carbs on a nine-inch plate.

Below are examples of food choices for the Plate Method.



Proteins

- Fish (Not Fried)
- Chicken and Turkey (Not Fried, No Skin)
- Cheese (Reduced Fat)
- Eggs
- Pork (Not Fried)
- Steak (Not Fried)
- Beans (Kidney, Black, Pinto)
- Nuts
- Avoid Ham, Bacon, And Hot Dogs



Nonstarchy Vegetables

- Broccoli
- Cauliflower
- Brussel
- Sprouts
- Squash
- Greens
- Cabbage
- Tomatoes
- Green Beans
- Avoid Potatoes, Peas, and Corn

Carbohydrates

- Whole Grain
- Wheat Bread
- Brown Rice
- Apples
- Pears
- Oranges
- Grapes
- Bananas
- Peaches
- Avoid Candy, Chocoloate, Chips, Pasta, and Canned Fruit



Good Measures Diabetes Program

WellCare is committed to helping you succeed with our Good Measures Diabetes Program. The program connects you with a dietitian coach so that you can live a healthier life.

Your coach can reach out to you by phone, texts, and/or emails. They are there to help you find a routine that works for you with foods and exercise that you enjoy.

Good Measures is available at no cost for WellCare of Kentucky Medicaid members.



Go to:
wellcarehealthky.goodmeasures.com
and sign up



Rather talk to a person?
Call **1-833-793-7725**



Setting and Reaching Health Goals

It is important to set healthy goals while living with diabetes to live a long, healthy life. What is a goal? It's not just something that happens. A goal is something you have to work to achieve. But you don't want your goal to be impossible to reach either.

So how do you set a goal? It helps if your goal is a "SMART" one. Those letters stand for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imed. (You can go even farther and make a "SMARTER" goal if you add **E**valuation and **R**eward.)



Specific

Spell out exactly what your goal will be. If it is too general, you won't know when you have reached it!



Measurable

Your goal should be something that can be measured over time. Measuring your goal makes it easier to see your progress toward reaching the goal.



Achievable

A good goal is one that you can actively work toward to achieve, rather than something that you won't have much control over.



Realistic

Here is where the "work" part comes in. Don't make your goal so hard to achieve that you might give up before you reach it. But don't make it so easy that you reach your goal too easily, without making any desired changes.



Timed

A time frame is what makes your goal real. You may find it helpful to set several small steps toward your goal within a set time frame. Once you finish the first step, you can concentrate on the next one.



Evaluation

Check in with yourself regularly to see how you are doing. Reaching the goals you set, no matter how small, can help you feel confident about your progress.



Reward

Don't forget to celebrate once you reach your goal! Pat yourself on the back for a job well done.

Talk to your doctor about what you can do to fill in the blanks and make your health goal a reality!

SMART	My Goal	Description
Specific	My health goal is:	_____ _____
Measurable	It is important to me because:	_____ _____
Achievable	This is what I can do to work toward it:	_____ _____
Realistic	I know I can do it because:	_____ _____
Timed	I think I can reach my goal by this date:	_____ Date
SMARTER	My Goal	Description
Evaluation	I will check in with myself every:	_____ Week(s)
Reward	When I reach my goal, I will:	_____ _____

Here are some simple examples of **SMART** goals that people with diabetes have found to be helpful.

“I will call to make an appointment for a foot exam before my next doctor’s visit.”

“I will take a 20-minute walk four days of every week before my next doctor’s visit.”



Important Notes About Your Healthy Goals

- ✓ It is very important to talk to your doctor about getting your eyes checked every year or every other year. Diabetes can make you develop an eye disease called diabetic retinopathy. This can affect your eyesight, causing vision loss or blindness.
- ✓ It is very important to go to your doctor regularly for urine and blood tests. Diabetes can cause kidney disease, also called diabetic nephropathy. Diabetic nephropathy can lead to kidney failure if not treated.
- ✓ The healthy goal is to have your blood pressure lower than 140/90. Diabetes can cause a heart attack or stroke if not treated. Your doctor may put you on blood pressure medicines.
- ✓ The healthy goal is to get your “bad cholesterol” below 100. Your doctor may also put you on cholesterol medicine. Cholesterol is a fatty substance found in your blood.
- ✓ It is extremely important to look at your feet daily for anything that’s not normal. It is very important to have your feet looked at by your doctor. Diabetes can cause nerve damage which leads to numbness, pain, and the inability to feel heat and cold in your feet. This can lead to sores, cuts, blisters, corns, and redness on your feet. Your doctor may send you to a foot doctor, called a podiatrist, if there are any problems. If wounds are on your feet are not seen by a doctor, it could lead to amputation. Amputation is a procedure where a limb is removed.



Questions For Your Doctor

- ✓ Are you going to check my blood sugar (Hemoglobin A1C)? Will it be today? How often is it checked?
- ✓ Are you going to check my urine or blood to see how my kidneys function? Will it be today? How often is it checked?
- ✓ Are you going to take my blood pressure? Will it be today? How often is it checked?
- ✓ Are you going to inspect my feet, which includes taking my socks and shoes off? Will it be today? How often is it checked?
- ✓ Are you going to send me to an eye doctor to look for diabetic retinopathy (diabetic eye disease)? Ask your doctor how often you need to get your eyes examined.

Additional questions to prepare for your doctor's visit:





Medication Log

Please record your medications. Take this booklet to your doctor appointments to discuss your current medications and any new medications that may be started.

Medication Name	What is it for?	Dose	How many times a day do I take it?



Blood Sugar Log

It is important to monitor your blood sugar to keep your diabetes under control. Here is how to take your blood sugar levels.

Instructions:

- 1 After washing your hands, insert a test strip into your meter.
- 2 Use your lancing device on the side of your fingertip to get a drop of blood.
- 3 Touch and hold the edge of the test strip to the drop of blood. Wait for the result.
- 4 Your blood glucose level will appear on the meter's display.
- 5 Take your blood sugar (glucose) always before meals, or as your doctor instructs.
- 6 Write the date of when you took your blood sugar (glucose) and your readings before your meals and at bedtime or as your doctor instructs.
- 7 Take your booklet to your doctor appointment(s) so you can go over your blood sugar levels

Date	Before Breakfast	Before Lunch	Before Dinner	At Bedtime	Notes



Blood Pressure Log

It is important to monitor your blood pressure and talk with your doctor about your results. Here is how to take your blood pressure.

Instructions:

- ✓ Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- ✓ For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- ✓ When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- ✓ Record your blood pressure on this sheet and show it to your doctor at every visit.

Date	Blood Pressure: AM	Blood Pressure: PM	Date	Blood Pressure: AMv	Blood Pressure: PM



Yearly Eye Exam

It is very important to talk to your doctor about getting your eyes checked every year. Diabetes can cause diabetic retinopathy. This can affect your eyesight, causing vision loss or blindness. Record your eye exam information in the chart below.

Date	Eye Doctor Name, Address and Phone	Results

**WellCare is here to help you
and your loved ones.
Please call us if you have any
questions or concerns.**



Nurse Advice Line: **1-800-919-8807**

WellCare Customer Service: **1-877-389-9457**

Behavioral Health Customer Service: **1-855-620-1861**

WellCare Care Management: **1-884-901-3780**

State of Kentucky Medicaid
Non-Emergency Transportation: **1-888-941-7433**

Translation Services: **1-877-389-9457**

Good Measures Program: **1-833-793-7725**

**WellCare is here to help you and your loved ones!
Please call if you have questions or concerns.**



Free Interpreter Services are available. If you are deaf, hard of hearing, or have a speech impairment, call **1-877-389-9457** (TTY: **711**).

Sources:

“Diabetes Meal Planning”, Centers for Disease Control and Prevention [cdc.gov/diabetes/managing/eat-well/meal-plan-method.html](https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html)

“Monitoring your blood pressure at home”, American Heart Association [heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home)

Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor’s advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by WellCare. Also, WellCare does not guarantee any health results. You should review your plan or call Customer Service to find out if a service is covered.

Call 911 or your doctor right away in a health emergency.

WellCare of Kentucky complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457 (TTY: **711**).**

ATENCIÓN: Si habla español, contamos con servicios de asistencia lingüística que se encuentran disponibles para usted de manera gratuita. Llame al **1-877-389-9457 (TTY: **711**).**

注意：如果您說中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457 (TTY: **711**)。**