

Living with Diabetes

Diabetes happens when a person has high blood sugar because of lack of insulin or because the body's cells do not respond correctly to insulin or both.

We can help you learn more:

McLaren Health Plan has a diabetic program. If you are a diabetic, you are eligible to participate and will receive:

- » Personal contacts from our diabetes management nurse
- » Educational materials and newsletters
- » Assistance from health care professionals to help you manage your health

Please call (888) 327-0671 to learn more about our diabetes, asthma and other quality programs at McLaren Health Plan.

**Participation is voluntary*



HEALTH PLAN

G-3245 Beecher Road
Flint, MI 48532

McLaren Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-327-0671 (TTY: 711).

Arabic:

ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-327-0671 (رقم هاتف الصم والبكم: 711).



Living with Diabetes



Diabetes Myths

Myth 1

Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths each year than breast cancer and AIDS combined.

Myth 2

People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone - low in fat, whole grain foods, vegetables and fruit and moderate sugar and salt.

Myth 3

People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or other illnesses if you have diabetes. However, people with diabetes are advised to get flu shots.

Myth 4

You can catch diabetes from someone else.

Fact: No.



Michigan 4x4 Plan

The Michigan 4x4 Plan health risk assessment tool is free and easy to use. You can use it to assess your health and learn how to take good care of yourself. The assessment will help determine your current level of movement, eating, smoking and second-hand smoke exposure. Then, the tool helps you set personal goals and create a personal plan. This will help you step up to healthy living.

To set up your personal plan, visit www.michigan.gov/healthmichigan and click on 'Create a Personal Plan.'

To review Preventive Health Guidelines for you and your family, please visit: McLarenHealthPlan.org. Select your insurance plan under the "Member" tab. Select "Health & Wellness, then select "Preventive Services".

Taking Care of Your Diabetes

See your doctor regularly, and every year ask your doctor to do the following:

- Two HgA1c blood tests to check how well your blood sugar is being controlled
- Dilated eye exam (this is a **covered** benefit for members with diabetes)
- Foot exam
- Body Mass Index
- Urine test to check for kidney changes

These tests are all covered by MHP.

Is Your Diabetes Under Control?

WebMD.com has many self-management tools including tools to help with diabetes.

Visit www.WebMD.com/diabetes/guide/ today for tips about how to handle your specific diabetes challenges, identifying diabetes triggers and for signs of impending risk.

WebMD.com does not replace the medical advice from your primary care physician.

Please Don't Smoke!

McLaren Health Plan covers "Quit Smoking" medications. If you are a member, we have a smoking cessation program to help you quit!
CALL 800-QUIT-NOW (784-8669)

MHP has a diabetes management program just for you. You are enrolled as a benefit of MHP for persons with diabetes. You will get support from your nurse and information to help you understand diabetes. Your membership in the program is your choice. If you wish to stop being in the program, please call (888) 327-0671.

Glossary of Terms

Blood Sugar Level — The amount of sugar in a given amount of blood

Immune Reaction — The body's white blood cells mistakenly attack insulin-producing cells

Insulin — A hormone injected under the skin to replace insulin that the body can no longer make naturally

Pancreas — A gland near your stomach that makes insulin to help digest food