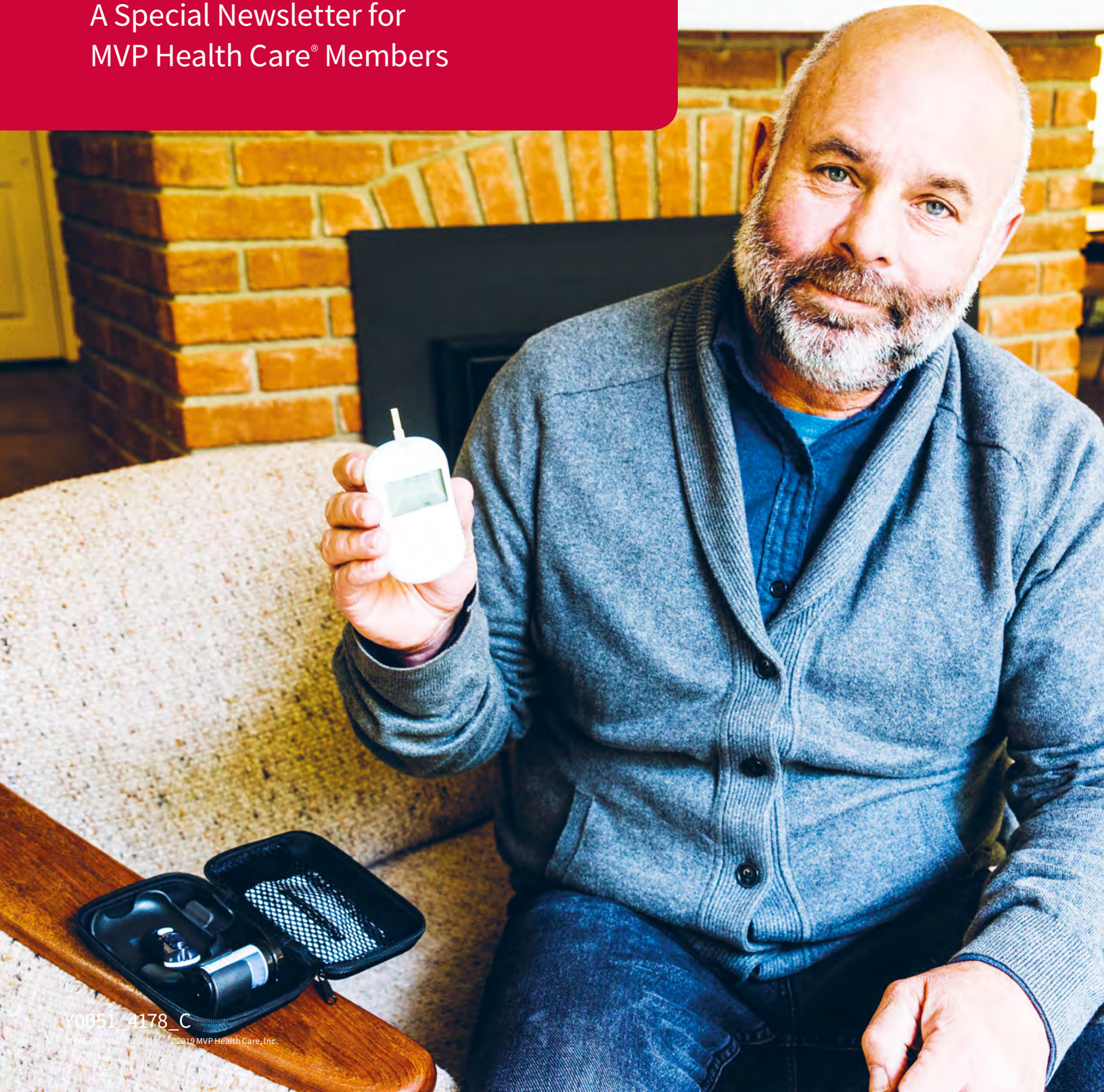


Diabetes News

A Special Newsletter for
MVP Health Care[®] Members

Issue 1 | 2019





Tips for Exercising Safely When You Have Diabetes

You can safely exercise when you have diabetes. Here are some tips.

Before Starting an Exercise Program

- Talk to your doctor about how and when to exercise. Your doctor can tell you whether you need to avoid certain kinds of exercise.
- Choose a type of exercise that you like and that fits easily into your daily schedule. Try to include exercises that will work your heart and lungs and give you healthy muscles.
- Plan to exercise at about the same time and for the same length of time each day to help keep your blood sugar levels in the same range.
- Have someone with you when you exercise, if possible. You may need help if your blood sugar level drops below a target range. And having a buddy can motivate you to keep going.

Starting a Program

Start slowly so that you don't overdo it. Build up your exercise program bit by bit and aim for at least 2½ hours a week of moderate activity. Or try to do vigorous activity for at least 1¼ hours a week. It's fine to be active in blocks of 10 minutes or more throughout your day and week.

If your doctor says it's okay, then try to do muscle-strengthening exercises at least two times per week.

Watch for signs of low blood sugar.

During Exercise

- If you tend to get low blood sugar, exercise only after you have checked your blood sugar level.
- Wear shoes that fit well and polyester or cotton-polyester socks to keep your feet comfortable and to prevent blisters. Use silica gel or air midsoles in your shoes.
- Drink water before, during, and after you are active.
- Wear medical identification at all times.
- Carry a quick-sugar food with you while you exercise.

After Exercise

Exercise can lower your blood sugar hours later. Test your blood sugar and have a plan for treating low blood sugar.

Manage Diabetes with These Important Tests

If you are living with diabetes, there are a number of tests you should have at least yearly to help manage your condition. Talk to your doctor about your results so you can understand what they mean to you.

Dilated Eye Exam

A yearly dilated eye exam by an eye doctor should be done because, over time, diabetes can affect your eyes. This exam should be done even if your medical doctor has examined your eyes.

Hemoglobin A1c (HbA1c)

This test shows your average blood sugar level over the previous two to three months. Having a test result of less than 8% can reduce your risk of complications such as kidney damage, blindness, and nerve damage.

Urine Protein

This test checks for early signs of kidney problems which can be treated and can help prevent future problems.

LDL Level

Sometimes called “bad” cholesterol, it contributes to the formation of plaque in the arteries, which can lead to a heart attack.

Complete Foot Exam

People living with diabetes are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.



Also, always remember to take all medications as ordered by your doctor!

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Make informed decisions about your health by using the Healthwise® Knowledgebase—our online Health Encyclopedia. Curious about the medications you take every day? Visit mvphealthcare.com and select *Members*, then *Health & Wellness*. The MVP Healthwise Knowledgebase is your one-stop resource for the latest health information.



MVP Health Care offers a health management program for members living with diabetes. For more information or to see if you qualify, call 1-866-942-7966. MVP's program is based on guidelines for adult diabetes care developed by the American Diabetes Association: A Collaborative Guideline for the Management of the Adult Patient with Diabetes.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.



Contact Us

For more information, call

1-866-942-7966

Monday–Friday, 8:30 am–5:00 pm

TTY: **1-800-662-1220**

We value your opinion.

Please fill out a brief, anonymous survey at mvplistens.com. We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.

Reduce Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu and pneumonia. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include: coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain.

Certain people are more likely to become ill with pneumonia:

- Adults 65 years of age or older
- Children younger than five years of age
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes or have asthma

There are several strategies for preventing pneumonia and other respiratory infections such as colds and the flu:

- Wash your hands regularly.
- Clean hard surfaces that are touched often (like doorknobs and countertops).
- Cough or sneeze into a tissue, your elbow, or sleeve.
- Limit your exposure to cigarette smoke.
- Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS.

Get vaccinated. In the United States, several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your health care provider for more information on these vaccines.

