

Lifestyles

for **Diabetes**



A newsletter for members of
Blue Care Network, BCN Service Company, Blue Cross Complete and BCN AdvantageSM



INSIDE:
Your diabetes
action plan.

Diabetes and heart health — how they're connected

Diabetes affects many areas of the body. It can influence many organs, including your eyes, kidneys and heart, and not for the better, but for the worse.

Diabetes itself is a risk for heart disease. Many people with diabetes also have other risk factors. These include being overweight and having high blood pressure and unhealthy cholesterol levels.

Keeping it under control

If you have diabetes, you can take steps to protect your heart. Try these tips:

- Eat a healthy diet.
- Exercise. Aim for 30 minutes of activity on most days of the week.

- Don't smoke. Smoking increases the risk of heart disease — and stroke — for people with diabetes.
- Control high blood pressure, and have it checked at every doctor's visit. Aim for less than 130/80. Also, keep cholesterol under control. The goal for LDL, or "bad," cholesterol, is less than 100 mg/dL.

For a complete list of tests you should regularly have with diabetes, turn to Page 2 to read Health Checks. Cut it out and post it where you'll see it regularly to help remind you to make your appointments.

Health checks

Every year, ask your doctor about these wellness checks. You may need some of them more than once a year.

- ✓ Blood pressure
- ✓ HbA1c
- ✓ Total cholesterol (HDL, LDL, triglycerides)
- ✓ Urine microalbumin
- ✓ Diabetes eye exam
- ✓ Dental exam
- ✓ Foot exam
- ✓ Flu shot

Also, check with your doctor to see if your pneumonia shot is up to date.

Reminder: Flu season has arrived. Having a chronic condition like diabetes puts you at increased risk for flu complications. Be sure to make an appointment with your doctor to receive your flu shot.



A tasty menu for healthy living

Eating a healthy, well-balanced diet is important to managing your diabetes. But you don't have to give up your favorite foods. Focus on making smart food choices, such as whole grains, fruits and vegetables. Eat smaller portions and enjoy some items, like fried chips and sweets, in moderation.

Talk with your doctor about a plan that suits your needs. The average person should consume between 1,600 and 2,000 daily calories, divided into these food groups and servings:

- 2 cups of fruit
- 2½ cups of vegetables
- 6 ounces of grains
- 5½ ounces of protein foods (seafood, meat, poultry, eggs, nuts, seeds and soy products)
- 3 cups of dairy
- Up to 27 grams of oils

Here's what a day of healthy eating looks like:

Breakfast: 2 whole-wheat pancakes (with 1½ tablespoons trans-free margarine, 1 cup blueberries, ¼ cup sugar-free syrup), 1 cup cubed cantaloupe

Morning snack: 1 small banana, 1 tablespoon peanut butter

Lunch: Veggie pita sandwich (½ whole-wheat pasta, 1 slice provolone cheese, ½ cup shredded Romaine lettuce, 4 slices tomato, ½ cup cucumber, 1 tablespoon nonfat ranch dressing), 1 peach

Afternoon snack: 2 tablespoons dry roasted, unsalted almonds, 4 ounces nonfat yogurt

Dinner: ½ cup mozzarella, tomato and chickpea salad (fresh mozzarella balls, cherry tomatoes, chickpeas, extra-virgin olive oil, salt, pepper, baby spinach), ½ whole-wheat pita, 2 tablespoons Greek tzatziki sauce, ¾ cup red grapes

Dessert: Grilled peaches with pecans (1 peach, cut into wedges and grilled, 2 tablespoons chopped pecans)



Don't neglect your mental health

Living with diabetes isn't always easy. In fact, it can be overwhelming at times, affecting the way you take care of yourself. If you find yourself struggling to cope, our personalized Overcoming Depression® program may help. To access this program:

- Visit bcbsm.com.
- Log in as a member.
- Click on the *Health and Wellness* tab.
- Click *BlueHealthConnection*®.
- Click *My Digital Health Coaching* and then select *Overcoming Depression*.



My diabetes action plan

Ask your doctor to help you fill out this form at each visit. It will help you manage your diabetes.

My personal goal	My results today	What I can do
Daily blood sugar: _____ By date: _____ A1C: _____ By date: _____		<input type="checkbox"/> Check my blood sugar every day <input type="checkbox"/> Follow my meal plan <input type="checkbox"/> See my doctor twice a year for tests <input type="checkbox"/> Take my medicine
Blood pressure: _____ By date: _____		<input type="checkbox"/> Follow my meal plan <input type="checkbox"/> Limit salt to 1 tsp. a day <input type="checkbox"/> Take my medicine
BMI: _____ By date: _____		<input type="checkbox"/> Choose healthy foods
Weekly exercise: _____ By date: _____		<input type="checkbox"/> Ask my doctor about an exercise plan
LDL cholesterol: _____ By date: _____		<input type="checkbox"/> Eat a heart-healthy diet <input type="checkbox"/> Get a cholesterol test at least once a year <input type="checkbox"/> Take my medicine
Tobacco use: _____ By date: _____		<input type="checkbox"/> Join a smoking cessation program
Alcohol use: _____ By date: _____		<input type="checkbox"/> Limit my alcohol use

This diabetes plan was created for:

_____ on _____
 Name Date

(continued on next page)

Some everyday factors that may affect your diabetes

Diabetes affects the whole body. It increases your risk for going blind and your risk for heart disease. These and other complications can result from blood sugar changes that are affected by everyday activities you may not have considered. But there are things you can do to live more healthfully with diabetes.

Keep an eye on carbs

When you're rushed, it's easy to grab a bagel, cookies from a machine or fries at the drive-through. But the carbs in foods like these can cause a spike in your blood sugar that can still leave you feeling hungry — and perhaps affect your health. Plan ahead for snack attacks and keep nonstarchy vegetables like tomatoes, broccoli, carrots or peapods on hand. These pack a vitamin punch that won't cause your blood sugar to spike.

Work it out

You often hear about how exercise is good for your health in many ways. One of those ways

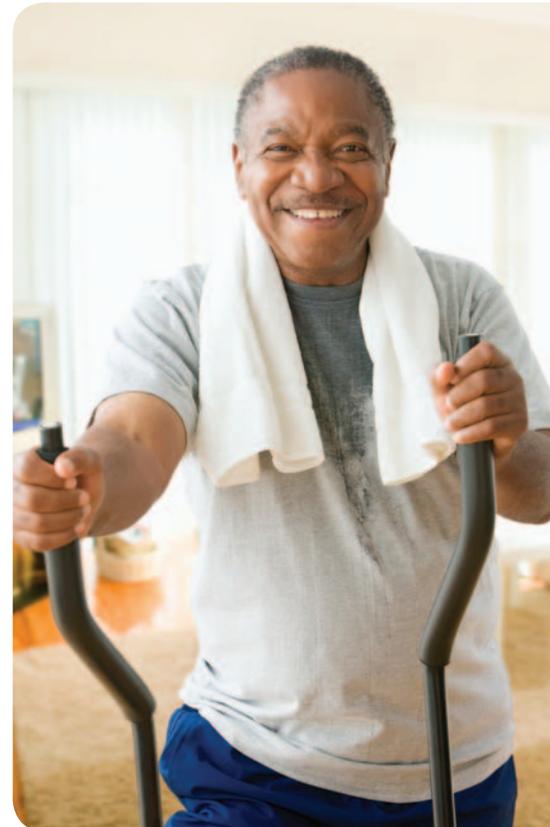
is helping keep your blood sugar in check. It can help you get your blood sugar levels under control and keep them in a normal range. Just 30 minutes of walking on most days of the week helps. If you're just starting out, be sure to talk to your doctor. He or she can recommend how often to check your blood sugar levels when you exercise and how to adjust your insulin.

When you're sick

Being sick may increase your need for insulin. If you have a cold or flu, the American Diabetes Association recommends that you:

- Test your blood glucose every four hours.
- Continue taking your diabetes pills or insulin even if you feel unable to eat.
- Drink extra fluids.
- Eat three or four carbohydrate choices every three to four hours.
- If your stomach can't tolerate regular food, try to consume liquids or soft foods that contain carbohydrates. Some choices might be regular soft drinks, juice, soups and ice cream.

So watching your diet, getting exercise and doing things like getting your flu shot can help improve your health and reduce the risk for complications when living with diabetes.



Real readers; real advice

Who knows more about living with diabetes than those facing the same daily issues as you? We'd love to share your feedback to help support and inspire other members living with diabetes. Just email us at bcnccm@bcbsm.com with any tips you'd like to share with other readers! Here are a couple we've received:

"I check my blood sugar right after my shower, but before putting on any lotions or eating. I've learned that these things can affect my reading (if hands aren't really clean)." – Karalyn Hill-Fuqua

"Try not to be depressed. That is the one thing in my opinion that pulls a person down and therefore you just don't care about things as much as you should." – Kathleen Gietzen



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Medicare and more

Health or wellness or prevention information

If you have questions about this program, have received this information in error, would prefer not to receive further information or want to inquire about resources for members with special needs, please call:

1-800-392-4247 | 1-800-257-9980 (TTY)

8:30 a.m. to 5 p.m. Monday through Friday

For Customer Service, please call the number listed on the back of your ID card.



Blue Care Network, BCN Service Company and Blue Cross Complete of Michigan are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association. BCN provides health management programs on behalf of BCN Service Company, Blue Cross Complete, BCN Advantage HMO-POSSM and BCN Advantage HMOSM members. BCN AdvantageSM is a health plan with a Medicare contract.

> HEALTHY LIVING AND GOOD EATING

Apple Carrot Salad

Servings: 6

- 1 cup shredded carrots
- 3 (medium) unpeeled and diced apples
- 1 tablespoon lemon juice
- ½ cup raisins
- ⅓ cup low-fat mayonnaise

Combine all ingredients. Chill thoroughly. Serve on salad greens.

Nutritional information per serving:
110 calories; 1 g fat; 25 g carbohydrates; 1 g protein; 0 mg cholesterol; 140 mg sodium; 3 g fiber.

