

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2022**

How Are **Diabetes and Depression** Connected?

Sometimes diabetes and depression go together. Depression can affect diabetes in a few important ways.

Depression affects your ability to choose to do what's good for you. Feeling motivated to eat well, exercise, and take your medicines is harder. For example, when you're depressed, you may be more likely to eat something that has a lot of carbs. That might make you feel good for a while. But then you may feel worse later.

Depression also increases the stress hormones in your body. This can cause your blood sugar to rise. High blood sugar can make it hard to concentrate. Or it can make you feel tired or grumpy.

The good news is that diabetes and depression can be treated together. And that means you can feel better and more in control of your life.

Talk to your doctor if you are experiencing symptoms of depression. You can also connect virtually with a behavioral health provider, using myVisitNow*. Get mental health support when and where you need it via online video chat with a qualified behavioral health professional. Visit mvphealthcare.com/myvisitnow to learn more.

*Co-pays/cost-shares apply per plan details. myVisitNow is powered by Amwell. Regulatory restrictions may apply.



Taking Statin Medications Properly

If you are living with diabetes and have high cholesterol, you may be at a higher risk for certain heart conditions, like heart disease, heart attack, and stroke. Statin medications are prescribed to help lower cholesterol and prevent these heart conditions from happening. If you are prescribed a statin, it is important that you take it exactly as prescribed so that it can best help you. If you have any concerns about your medication or start to experience any side effects, call the doctor who prescribed it right away.

Contact Us
1-866-942-7966
Monday–Friday,
8:30 am–5 pm
TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistens.com.

All responses are 100% confidential and help create a better experience.

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.

Manage Diabetes with These **Important Tests**

There are certain tests and exams that people living with diabetes should have done at least yearly, to avoid any complications. Bring this list with you to your next doctor's visit to see if you are due for any of the following. Talk to your doctor about your results so you can understand what they mean to you.

✓ **Retinal Eye Exam**

Get a retinal exam by an eye doctor every year because over time, diabetes can affect your eyes. Have this exam even if your medical doctor has examined your eyes, and even if your vision seems fine.

✓ **Hemoglobin A1c (HbA1c)**

Have this test every six to 12 months to show your average blood sugar level over the previous two to three months. A result of less than 7% can reduce your risk of complications such as kidney damage, blindness, nerve damage, and circulation problems.

✓ **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!

Get **Diabetes Tests Collected at Home**

Scarlet makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you.

As an MVP member,* you have access to at-home lab test collection through our collaboration with Scarlet Health®. Scarlet® makes it easy to get routine bloodwork, urine tests, and many other lab tests collected where it's most convenient for you. This means you can get an HbA1c, LDL level, urine protein, and other diabetes tests collected from the comfort of your home. Simply upload your lab order and schedule your appointment. If you need a lab order, you can request one from your provider, or start with Gia, MVP's 24/7 virtual care services, to be connected with a provider who can assess your health needs and order your diabetes test. Learn more at mvphealthcare.com/labs.

* For MVP members age 10 and over.



Did you get your **flu shot?**

Visit your doctor or stop by your pharmacy to protect yourself and those around you.

Be a better partner
in improving your
health care.

Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and their strength
- You might want to bring someone along to help you ask questions and remember the answers
- Find more information and printable forms at **mvphealthcare.com**

Source: Agency for Healthcare Research and Quality (AHRQ)

Preventive Care is **the Best Care**

Health care screenings help prevent and detect illnesses and diseases in their earlier stages when treatment is more effective. If you’ve put off your screenings, you’re not alone, but now is the time to catch up. To find out if you are due for screenings, *Sign In* to your MVP online account at **mvphealthcare.com/member** and select *Preventive Care Reminders*, and talk to your doctor.



Go online and **take charge of your health.**

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



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625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com



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Living Well Programs from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest you.

