

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2022**

Focus on Blood Sugar

Keeping your blood sugar in a target range is one of the most important things you can do to manage your diabetes.

A healthy blood sugar lowers your risk of problems from diabetes. These problems include eye disease (retinopathy), kidney disease (nephropathy), and nerve disease (neuropathy). If you're pregnant, staying in a target range can also help prevent problems during pregnancy. Your doctor can work with you on your healthy blood sugar range.

Tips to Prevent High Blood Sugar

Maintain a healthy weight. Reaching and maintaining a healthy weight can help with your blood sugar. Keep reading for ways you can achieve a healthy weight.

Limit the amount of calories, sweets, and unhealthy fat you eat. Ask your doctor if a dietitian can help you. A registered dietitian can help you create meal plans that fit your lifestyle. Ask your doctor to connect you to a dietitian that can help you plan healthy meals and snacks.

Get at least 30 minutes of exercise on most days of the week. Exercise helps control your blood sugar. It also helps you maintain a healthy weight. Walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.

If your doctor prescribed medicines, take them exactly as prescribed. Take your medicine as your doctor prescribed even if you feel well or are not having signs of disease. Call your doctor if you think you are having a problem with your medicine.



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](https://mvphealthcare.com/mvplistens).

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.

Looking for a Dietitian?

Go to mvphealthcare.com/FindaDoctor to find a dietitian that participates with your MVP health plan.

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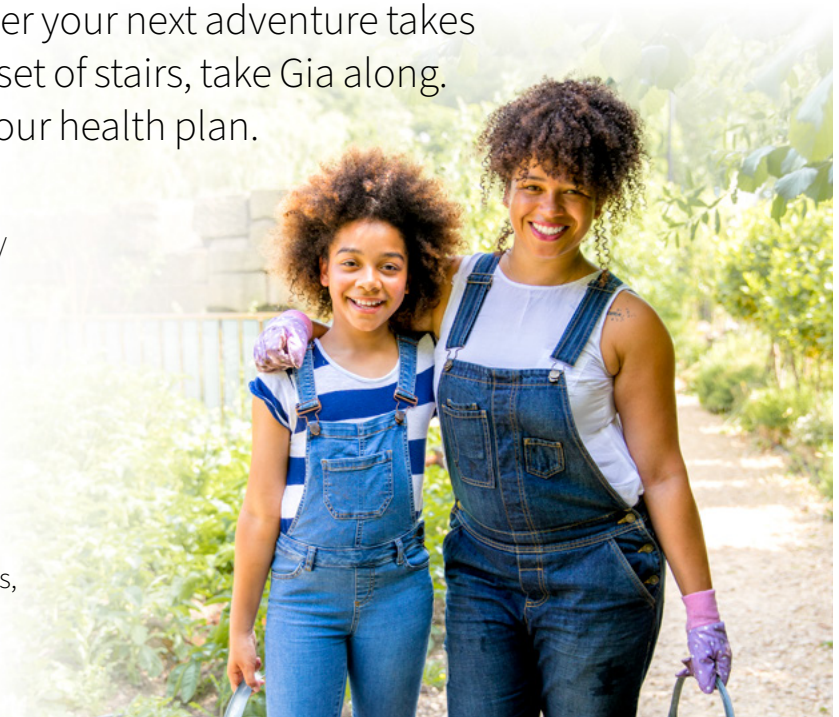
Wherever Life Takes You, Take Gia[®]

Life is full of adventures. And whether your next adventure takes you up a mountain or up that extra set of stairs, take Gia along. It's your guide to your health, and your health plan.

Start with Gia to:

- Access 24/7 virtual care services including urgent/emergency care and advice you can trust
- Text a doctor 24/7 with virtual primary and specialty care from Galileo
- Get same-day treatment for nearly any health concern. Galileo can help you with preventive care, medical questions, chronic conditions like diabetes, or prescription refills
- View claims, order and print MVP Member ID cards, and see progress toward deductibles and limits

Learn more and download the brand-new Gia app at GoAskGia.com.



Check Your Levels with an A1c Test

A hemoglobin A1c test tells you and your doctor your average level of blood sugar over the past 2 to 3 months.

Many doctors think that this is the best way to check how well you are managing your diabetes. Most people who are living with diabetes should have an A1c test completed twice a year. You may need it more often if your medicine changes or if you have other health conditions. Talk to your doctor about how often is right for you. Based on your results, your doctor may adjust your diabetes treatment.

Check with your doctor today to see if you are due for an A1c test. Your doctor can help get your test scheduled.





Lower Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor.

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. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

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

Simple steps to preventing the flu and pneumonia:

- 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. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Pertussis (whooping cough), and seasonal influenza (flu) vaccines. Talk to your doctor for more information.



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

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.



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Health and Wellness or Prevention Information

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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 yoga, stretch & strengthening, or even a cooking class. To find a class that is right for you, visit mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest to you.

Stay a Step Ahead with Preventive Care

Life can get hectic and going to the doctor for any reason can be stressful. But you deserve the peace of mind and control over your health that preventive screenings can provide. To find out if you are due for screenings or any other preventive care services, *Sign In* to your MVP online account at my.mvphealthcare.com and select *Preventive Care Reminders*, and talk to your doctor.

