

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2023**

Overcoming Barriers to Being Active

Activity usually makes us feel good. And it's good for our health too. But most people have things that get in the way of being as active as they'd like. If you think through your barriers, you can begin to take steps to overcome them.

1. Name your barriers.

What makes it hard for you to be more active? Choose one barrier to focus on. For example, it may be that you:

- Are afraid your blood sugar will drop too low
- Don't have much time to exercise
- Are worried that exercise would make you feel too tired

2. Create a solution.

Brainstorm a few ideas. Then pick one or two that are easiest to manage. For example, if you need to prevent low blood sugar when you're active, you could:

- Ask your doctor if you need to adjust your medicines when you exercise
- Carry quick-sugar foods with you

3. Make it real.

If you write down your answers to these questions, you'll have a plan to move forward.

- What are your top three barriers to being more active
- What possible solutions come to mind for overcoming one of your barriers
- What is your favorite solution for that one barrier? What do you need to feel more confident (*Example: A person who you can count on to be a walking buddy.*)
- When can you start

Walking, running, bike riding, and swimming are great options for most people with diabetes. Be sure to talk to your doctor first—they can tell you what type of exercise is a good choice for you.

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**. The MVP Diabetes Care 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.



Managing Diabetes and High Blood Pressure

Many people living with diabetes also have high blood pressure. High blood pressure can increase your risk of heart disease and stroke.

It may seem like a lot to manage both diabetes and high blood pressure, but there are some things you can do regularly that will keep both in check:

- Check in with your doctor often
- Get at least 30 minutes of movement a few days a week
- Maintain a healthy weight, as recommended by your doctor
- Include whole grains, fruits, and vegetables in your daily diet
- Talk to your doctor about how you can start to quit tobacco products. An MVP Case Manager can also help you get started
- Take your medications exactly as prescribed by your doctor, and refill them on schedule



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.

When Should I Use Gia?

The *Gia by MVP* mobile app is a guide to your health, and an easy way for you to talk or text with a doctor anywhere, anytime. Available 24/7, *Gia* is a good option when you:

- Want to avoid busy waiting rooms
- Cannot get an appointment with your doctor
- Do not have transportation
- Feel unwell and would prefer to stay home

Did you know that *Gia* doctors can diagnose and treat many different illnesses? Some of these include:

- Cough or upper respiratory infection
- Cold, flu, and COVID-19
- Strep throat
- Ear infection
- Sinus infection
- Muscle or joint pain
- And many more!



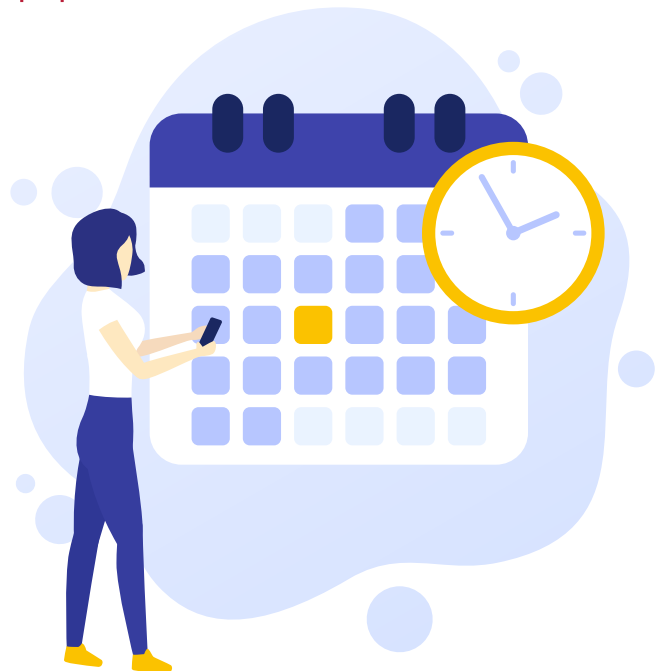
Based on your symptoms, your *Gia* doctor can often recommend a treatment plan, or prescribe a medication right from the app. If you do need an in-person visit, your *Gia* doctor can refer you to the most appropriate care in your area. To learn more about when to use *Gia*, visit mvphealthcare.com/UsingGia.

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 (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers

Source: Agency for Healthcare Research and Quality (AHRQ)



Did you get your **flu shot**?

If not, call your doctor or stop by your pharmacy to protect yourself and those around you.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



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Health and Wellness or Prevention Information

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Living Well Programs from MVP

From yoga and strengthening to gardening and meditation, our Living Well programs have something for everyone. Classes and workshops are offered in-person and virtually and can help you live well physically, emotionally, and otherwise! View and register for upcoming classes at mvphealthcare.com/LWCalendar. Filter by county to find the programs nearest to you.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.

