

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 2, 2024**

Take Good Care of Your Feet

When you are living with diabetes, the nerves and blood vessels in your feet can get damaged. Your feet may feel numb, and injuries may take longer to heal. By giving your feet extra care and attention, you can prevent injuries and infections.

Regular Care

- Check your feet and toes daily for blisters, cuts, cracks, sores, broken skin, corns, calluses, or ingrown toenails. Make a note of any areas that tingle or are numb
- Wash your feet every day, using warm (not hot) water. Pat them dry, including in between your toes

- Keep your skin soft with a thin layer of lotion on your feet, but not between your toes
- Keep your nails trimmed and avoid cutting the skin around them
- Protect your feet by checking your shoes for gravel or torn lining, and never go outside barefoot

Footwear

- Wear shoes and socks that fit well and support your feet.
- Look for shoes made of flexible, breathable material, like leather or cloth, that have a hard sole
- Break in new shoes slowly by wearing them for no more than an hour a day for several days
- Look for shoes that have plenty of space around the toes
- Wear socks without seams. You can find socks for people living with diabetes from specialty retailers
- Change your socks daily



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.

continued on next page...

Y0051_9838_C

Work with Your Doctor

- Have your doctor check your feet during each visit and call if you have a foot problem between visits
- Have a complete foot exam by your doctor or a podiatrist at least once a year

Living Well Program Highlight: *Living with Diabetes*

Join us on November 7 for a virtual class that covers meal planning, monitoring blood sugar, and managing stress.

Learn more or register at mvphealthcare.com/calendar

Smart Snacking Tips

Smart snacking can help you keep your blood sugar levels stable, especially if you are taking medicine for diabetes.

Here are just a few tips when snack time rolls around:



- Be prepared with clean, cut-up veggies in the fridge. Try a low-fat dip on the side.
- Eat from a plate or bowl, rather than a box or bag. A single serving from a dish may mean you won't eat more than you need.
- Add more fiber, with whole-wheat breads or cereals. You can also sprinkle wheat germ or ground flaxseed on your yogurt or salads.
- Try something new and get creative. Make a pita pizza with a piece of whole wheat pita bread, tomato sauce, and a sprinkling of reduced-fat cheese. Top with sliced veggies. Bake until cheese is melted.

Follow your body's hunger and fullness signals to help you make healthy choices, without overeating.



How Can Gia Help You Today?

The Gia[®] by MVP mobile app is your virtual care partner when you need to speak with a doctor quickly or have a question about managing diabetes.



Scan the code with the camera on your mobile device, or visit mvphealthcare.com/GetGia to get the app.



Lower Your Risk of Influenza (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 for 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 flu vaccines

Staying up-to-date on COVID-19 and RSV vaccines is recommended to help you avoid serious illness. Check with your doctor to see if these vaccines are right for you.

Living Well Programs from MVP

The MVP Health Promotions team is proud to offer a variety of free classes, discount programs, and vouchers throughout our service area. To learn more, find classes by you, or to register for any of our programs, check out mvphealthcare.com/calendar.



Health and Wellness or Prevention Information

Copyrighted material adapted with permission from Healthwise, Incorporated. This information does not replace the advice of a doctor.

Get Your Newsletter by Email

Good news! You can now receive this newsletter by secure message.

Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and select the profile icon in the top right corner of your dashboard. Select *Profile and Settings* to change your communications preferences.

Have a Health Question?

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



PRSRT STD US
Postage
PAID
MVP Health Care

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

