

HEALTH TIPS

Make Health Happen

Type 1 Diabetes

IF YOU HAVE TYPE 1 DIABETES, YOU CAN HELP CONTROL YOUR BLOOD SUGAR LEVEL WITH INSULIN SHOTS, HEALTHY EATING AND EXERCISE

It's important to know what to do if your blood sugar gets too low or high. Your doctor can tell you what blood sugar range is right for you. Here are a few tips:

	Low blood sugar	High blood sugar
What is it?	Ask your doctor what low blood sugar is for you. You may feel shaky, dizzy, confused or hungry. You may have a headache or sudden mood change.	Ask your doctor what high blood sugar is for you. You may feel thirsty, tired or itchy. You may have blurred vision or have to pee a lot.
To prevent it...	<ul style="list-style-type: none"> • Take your medication as prescribed. • Eat at the same times every day. • Test blood sugar before, during and after exercise. • Keep a fast-acting snack handy. 	<ul style="list-style-type: none"> • Take your medication as prescribed. • Follow your meal plan. • Watch portion sizes during meals. • Tell your doctor if you feel sick.
To treat it...	<ul style="list-style-type: none"> • Eat a fast-acting snack. • Test again in 15 minutes – if still low, eat another snack. • If you have two low readings in one day, call your doctor. 	<ul style="list-style-type: none"> • Test your blood sugar every two hours. • Drink 8 ounces of water every hour. • Talk to your doctor about when to call about high readings.

When to call your doctor:

- Constant thirst or very dry mouth
- Levels or symptoms of too high or too low blood sugar
- Have to pee a lot

When to go to the emergency room:

- Chest pain or pressure
- Shortness of breath or trouble breathing
- Fruity-smelling breath
- Stomach pain, nausea or vomiting
- Unusually tired or disoriented
- Decreased consciousness
- Seizures

Learn more about Type 1 diabetes at diabetes.org.

Source:

American Diabetes Association website: (accessed on September 20, 2013): diabetes.org.



www.unicare.com

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WVHT-DIA1-CHL-0712 E

Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

HP-C-1133-13 12.13