

HEALTH TIPS

Make Health Happen

Type 2 Diabetes

HAVING TYPE 2 DIABETES CHANGES YOUR LIFE. BUT YOU CAN STAY IN CONTROL.

If you have Type 2 diabetes, your body is not making enough *insulin*. Or it cannot properly use the insulin it makes.

Insulin helps turn the *glucose* (sugar) in your bloodstream into energy. Without insulin, glucose builds up in the blood. Then it passes out of your body in the urine. You don't get the energy you need.

Too much glucose in your blood can cause other problems, too, like eye, kidney, foot and heart problems. That's why it is so important to control your blood sugar level.

Words to know

Glucose: A simple sugar used by the body as its main source of energy

Hyperglycemia: High blood sugar level

Hypoglycemia: Low blood sugar level

Insulin: A hormone that helps the body turn glucose into energy

What do I do now?

Be sure to see your doctor often. He or she will be your partner in keeping your Type 2 diabetes under control.

- Ask your doctor what a good blood sugar range is and write it here: _____
- If you are given medication, do not skip it, even if you feel well.

Put a check mark by the ideas you'll try first:

Checking your blood sugar

- ___ Learn how to test your blood sugar level at your doctor's office.
- ___ Get a log book and write down your levels each day – then bring it with you when you see your doctor.

Eating right

- ___ Work on eating healthier meals.
- ___ Learn how food affects your blood sugar.
- ___ Plan your meals and snacks.
- ___ Eat at about the same time every day.



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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.

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Taking care of yourself

- ___ Call your doctor if you find it hard to follow your daily plan for eating, exercise or medication.
- ___ Have your HbA1c test completed each year.
- ___ Have your LDL screening done each year.
- ___ Have your kidney function test completed each year.
- ___ Check your feet every day for red spots, swelling or cuts.
- ___ Be sure to have an eye exam each year.
- ___ Join a support group.

If you ignore it, diabetes can cause other problems. Getting the right care can help you live a long and active life. Learn more about Type 2 diabetes at diabetes.org.

Source:

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

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