



Managing your diabetes.

Monitor your blood sugar.

Blood glucose monitoring is a critical part of every diabetes management plan. Regular self-monitoring can provide important information on how daily management plans are working to control blood glucose levels. Ask your doctor how often you should test and what your target numbers should be. Benefits of regular self-monitoring include:

- Achieving a better understanding of diabetes and how to improve glucose control
- Recognizing patterns in blood glucose levels and understanding the cause for changes
- Preventing the occurrence of high and low blood glucose levels conditions, you may need to switch to a Step-One drug to have your prescription covered by your plan:

Take your medicine as prescribed.

It sounds simple but missing a dose or two can really hurt you in the long run. Those with diabetes are at higher risk for debilitating, costly conditions like heart attack, stroke, nerve damage, kidney problems and blindness. Taking your medication as prescribed can help protect you from some of the long-term complications of diabetes.

Find out if a statin is right for you.

If you have diabetes, you are at increased risk for heart disease and stroke, and taking a cholesterol medication called a statin can help lower your risk. As a diabetic, it's important to talk about statin therapy with your healthcare provider right away to see if it's the right choice for you.

Get regular check-ups.

Most people with diabetes should get their cholesterol checked at least once a year. Testing hemoglobin A1C levels is also important for managing your diabetes and may be appropriate twice a year or more to stay in your best health. Ask your doctor about target numbers for both tests.

Communicate with your doctor.

Communicate with your doctor. It's important to talk to your doctor before changing the way you take your medication. Let your doctor know right away if you have side effects or reactions. Tell them if you have been ill or are taking any other medications, even if they are over the counter.

Keep track.



Keep a personal medication record to help track your usage.

Download a medication tracker here:

elixir.info/medtracker

As your pharmacy benefit manager, MedImpact is here to help!
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Eat healthy foods and follow a meal plan.

Eating healthy is just as important to managing your diabetes as taking your medications. You can make simple changes that make a big impact, including:

- Eating smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.
- Eating less fat. Choose fewer high-fat foods and use less fat for cooking, limiting those high in saturated fats or trans fat, such as fried foods, fatty cuts of meats, and sweets.
- Drinking fewer beverages that are high in sugar, such as fruit-flavored drinks, sodas, and tea or coffee sweetened with sugar.
- Focusing on getting more fiber by eating more whole-grain foods, and a variety of fruits and vegetables.
- Eating fewer foods that are high in salt, such as canned and packaged soups and vegetables and processed meats.

Exercise and stay active.

Physical activity can help you control your blood glucose, weight and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol. It can also help prevent heart and blood flow problems, reducing your risk of heart disease and nerve damage, which are often problems for people with diabetes.

Experts recommend moderate-intensity physical activity for at least 30 minutes five or more days of the week, such as walking briskly, mowing the lawn, dancing, swimming or bicycling.

If you are not accustomed to physical activity, you may want to start with a little exercise and add a few extra minutes as you get stronger. Do some physical activity every day. It's better to walk 10 or 20 minutes each day than one hour once a week. Do physical activities you really like. The more fun you have, the more likely you will do it each day.

While exercise is very important for people with diabetes to stay healthy, there are a few things to watch out for.

- Drink plenty of fluids during physical activity since your blood glucose can be affected by dehydration.
- To help prevent hypoglycemia, check your blood glucose before you exercise. If it's below 100, have a small snack.
- Do not exercise if your blood glucose is above 300, or your fasting blood glucose is above 250 and you have ketones in your urine.
- If you take insulin, ask your healthcare provider if there is a preferable time of day for you to exercise, or whether you should change your dosage before physical activity.
- Diabetes-related nerve damage can make it hard to tell if you've injured your feet during exercise. Wear cotton socks and athletic shoes that fit well and are comfortable. After you exercise, check your feet for blisters, irritation, cuts or other injuries.
- Talk to your healthcare provider about a safe exercise plan. If you have high blood pressure, eye or foot problems, you may need to avoid some kinds of exercise.

These articles are not a substitute for medical advice and are not intended to treat or cure any disease. Advances in medicine may cause this information to become outdated, invalid or subject to debate. Professional opinions and interpretations of scientific literature may vary. Consult your healthcare professional before making changes to your diet, exercise or medication regimen. Sources:

- <https://www.cdc.gov/diabetes/managing/eat-well.html>
- <https://www.cdc.gov/diabetes/managing/active.html>
- <https://www.cdc.gov/diabetes/basics/diabetes.html>
- <https://www.cdc.gov/diabetes/basics/risk-factors.html>

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