



# Take charge

Manage diabetes for good health,  
today and tomorrow

[AetnaBetterHealth.com/California](https://www.aetna.com/better-health/california)



Aetna Better Health® of California



# Understanding your diabetes

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## **Type I diabetes**

- Your pancreas does not make insulin or very little insulin
- Typically occurs in children and young adults, although it can appear at any age

## **Type II diabetes**

- Your pancreas makes some insulin, but either it is not enough, or the cells do not use it correctly
- Typically occurs in middle age and older adults

## **Gestational diabetes**

- A type of diabetes that occurs only during pregnancy
- Can cause health problems in both mother and baby

# Managing diabetes

**Diabetes is a condition that affects blood sugar (blood glucose).**

Blood sugar control can help you live a normal and healthy life.

With the right steps, you can help prevent or delay health problems including:

- Heart disease
- Eye problems (change or loss of vision)
- Kidney problems
- Nerve damage (in your feet and other places)

## Learn all about it

One way to start managing diabetes is to learn as much as you can. And you have many ways to do so.

**Take a class or join a support group.**

**Read about diabetes online:**

- [www.cdc.gov/diabetestv/managing-diabetes.html](http://www.cdc.gov/diabetestv/managing-diabetes.html)
- [diabetes.org](http://diabetes.org)

**Enroll in our Diabetes Care Management program.** We have case managers and coordinators who can provide extra care and support for your health. Call us today at **1-855-772-9076** (TTY: 711) if you have questions.

# Check your numbers

When you have diabetes, there are three important measures you need to look out for. These are also known as your diabetes ABCs, which include your A1c, blood pressure and cholesterol.

You can take a look at this chart to learn some common goals for each.

Screening	Why it's important	Common goals
<b>A1c</b>	A1c measures your average blood sugar level over the past 2 to 3 months.	Talk to your doctor about what your goal should be.
<b>Blood pressure</b>	High blood pressure makes your heart work harder.	Below 140/90
<b>Cholesterol</b> LDL, or bad cholesterol	Bad cholesterol can narrow your arteries.	Below 100
HDL, or good cholesterol	Good cholesterol keeps your arteries clear.	Above 40 for men Above 50 for women

*Keep in mind that your goals may be different from the numbers above. Ask your doctor what's best for you.*

# My diabetes record

Seeing your doctor? Take this card along with you. You can talk about how to manage your A1c, blood pressure and cholesterol. Be sure to write down when you have each test and your results.

## Discuss your goals and progress

You can talk about your goals and how you're doing. Your goals will depend on:

- How long you've had diabetes
- Other health problems
- How hard your diabetes is to manage

A1c — 2 to 4 times a year				My goal _____
Date				
Result				
Blood pressure — at each visit				My goal _____
Date				
Result				
Cholesterol — once a year				My goal _____
Date				
Result				

Use the back of this card to record other important diabetes care.

# My diabetes record

Use this side of the card to write down the date and results of each test or vaccine. Talk to your doctor about the other vaccines listed to see if you need them.

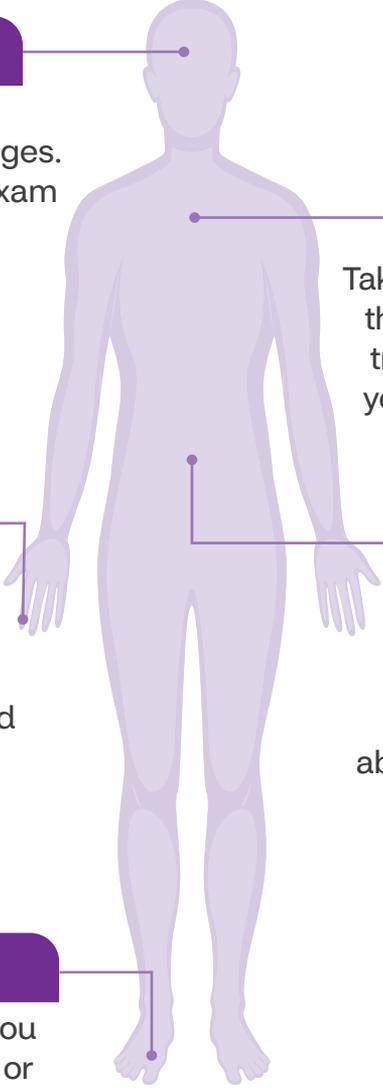
Each visit	Date	Result/note
Medicine review		
Self-care plan review		
Height and weight		
Foot check		
Once a year	Date	Result/note
Dilated eye exam		
Kidney check		
Flu vaccine		
Complete foot exam		
Dental exam		
Other vaccines	Date	Result/note
Pneumonia vaccine		
Tetanus (Tdap) vaccine		
Shingles vaccine		



Stay on track

# Learn to live with diabetes

**Living with diabetes isn't always easy.** But you can work with your health care team to make a care plan that works for you. Here are some tips to help you stay in control.



## Check your eyes

Tell your doctor if your eyesight changes. Get a dilated eye exam every year.

## Remain active

Take a 10-minute walk three times a day. Or try light weights and yoga to build muscle strength.

## Check your blood sugar

Find out how and when to test it. Learn the signs of low blood sugar and how to prevent it.

## Eat well

Choose foods and drinks that are low in sugar and salt. Talk to your doctor about the best eating plan for you.

## Check your feet

Call your doctor if you see any cuts, sores or bruises that don't heal.

# Visit your doctor

Checking with your doctor regularly is an important part of managing diabetes. So be sure to visit your doctor at least twice a year. And before each visit, make a list of anything you want to talk about, such as tests or vaccines.



## Here's a list of recommended tests and vaccines:

<b>A1c</b> Two to four times a year	<b>Complete foot exam</b> At least once a year	<b>Pneumococcal vaccine</b> One to two doses
<b>Cholesterol</b> At least once a year	<b>Blood pressure</b> At each doctor visit	<b>Shingles vaccine</b> Two doses after the age of 50
<b>Kidney screening</b> At least once a year	<b>Body mass index (BMI)</b> Height and weight at each doctor visit	<b>Tetanus (Tdap) vaccine</b> Once over the age of 19, then every 10 years
<b>Dilated eye exam</b> Yearly exam recommended	<b>Flu vaccine</b> Once a year	

Goals and recommendations are based on the American Diabetes Association (ADA) *Standards of Medical Care in Diabetes*.

# Manage your medicines

**Some people with diabetes need medicine to control their blood sugar.** And some also need it to lower their bad cholesterol or blood pressure. But many struggle with taking their medicines properly. If you're struggling, there's help.

## **Need help with your medicines?**

Here's how you can start:

**Make a list of all your medicines** including vitamins, supplements and those that don't need a prescription. Give a copy to your primary care provider and any specialists you may see.

**Take your medicines as directed** even when you feel good.

**Tell your health care team** if there's anything keeping you from taking your medicines. It may be anything like:

- Forgetting when to take them
- Trouble swallowing
- Uncomfortable side effects
- Trouble reading the labels

# Ask your pharmacist

**See your pharmacist often?** They can help you, too. Plus, you can reach them evenings and weekends. If you have questions about your medicines, feel free to ask.



## Questions to ask your pharmacist:

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- What are the brand and generic (nonbrand) names of your medicines?
- What's each medicine for?
- How much of the medicine should you take and when?
- What should you do if you miss a dose?
- What are the side effects?
- Are there other medicines, foods, drinks or activities to avoid?
- What's the best way to use your blood sugar meter and other supplies?

# Take care

If you have any questions about your diabetes care, call Member Services at **1-855-772-9076 (TTY: 711)**.

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**English:** Attention: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

**Spanish:** Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

**Chinese:** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

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