

Small Changes. Big Rewards.



Are you ready to make a few healthier lifestyle changes right now? Small changes that can add up to big rewards like a healthier heart, eyes, kidneys, nerves...you name it.

Since having diabetes increases the risk for future health problems, it's important that you follow your doctor's advice and take charge of our health. It may take some effort, but one thing's for sure: **better health and freedom from diabetes complications is worth the effort.**

Ways to better manage diabetes:

- Always follow your doctor's advice.
- Schedule your regular checkups. To help you, remember you're A-B-C's:
 - A1C
 - Blood pressure
 - Cholesterol
 - Dental Exams
 - Eye exam
 - Foot check
 - Kidney function tests – including microalbumin and creatinine tests
- Choose healthier foods as part of your daily meal plan.
- Stay physically active most – if not all – days of the week. Ask your doctor about the right type of exercise for you.
- Check your feet every day.
- Develop a sick day plan with your doctor or diabetes educator.
- Take medicines exactly as your doctor tells you. Use this calendar to help you remember which medicines to take and when.
- Graph your blood sugar every day. If you don't know how to do blood sugar graphing, talk to your doctor or diabetes educator about how to do it. Graphing is a way to chart your blood sugar readings each day. It can help you better understand how small changes in food, activity, stress and some medicines affect your blood sugar level.

Living with Diabetes?

If you or a family member has diabetes (pediatric and adult), asthma (pediatric and adult) **ConditionCare** can help. Available at no extra charge, its confidential and it provides 24-hour, toll-free access to registered nurses who can give you the answers and ongoing education you need to better manage your condition and achieve more optimal health. To learn more, call BCBSGa HMO/HDHP **1-888-724-2583** BCBSGa PPO/Indemnity **1-800-790-2507**.



Be sure to check out the Diabetes Condition Center at Healthy Living on www.bcbsga.com (log in or register if you are a first time user). This resource is filled with practical advice, quizzes and the latest news to help you manage your diabetes. You can also sign up to receive a customized weekly e-newsletter, a diabetes calendar and a monthly diabetes e-mail newsletter.

Source: <http://journal.diabetes.org/diabetesspectrum/00v13n3/pg125.htm>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.