



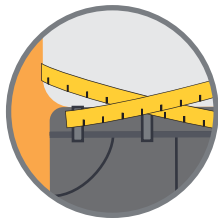
allcare health®

We're here to help you manage your diabetes.

Managing diabetes means getting your blood sugar levels to a normal range.

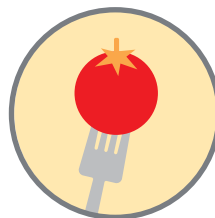
But we know it can be difficult. **Lifestyle changes, medication, and getting tested frequently** can help.

MANAGING WEIGHT



Losing just a small amount of weight can help. Reducing fat around the waist makes the biggest difference.

FOLLOWING YOUR MEAL PLAN



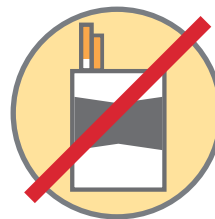
Ask your doctor to give you the name of a dietitian. They can work with you to make a meal plan based on your needs.

BEING ACTIVE



Exercise can help you stay healthy. Try walking, swimming, dancing, or bowling. Even chores and yard work can help keep weight down.

MINIMIZING UNHEALTHY HABITS



Alcohol and tobacco can make it harder to manage diabetes, and can cause complications.

LOWERING STRESS



Learn ways to relax and deal with stress. Stress can increase blood sugar.

TAKING MEDICATION



Sometimes taking medicine can help control blood sugar. Make sure to take medication exactly as your doctor prescribes.

**Managing diabetes also means getting tested.
You should get an HbA1c test every six months.**

This test shows your blood sugar levels over a period of time. This helps you know if you are getting the right treatment. It can also help you stay ahead of any complications. If you have trouble with your blood sugar levels, you may need to get tested more often.

To learn more about how to manage your diabetes, contact your provider to schedule your HbA1c test.

As an AllCare CCO member, you can access benefits that can also help you manage your diabetes:

- Low-cost gym membership
- Healthy eating programs
- Fitness, nutrition, and cooking classes
- Community pantry resources
- Classes to help quit smoking
- Community classes about living with diabetes

**Questions?
Contact Member Services at:**

(541) 471-4106

Toll free at (888) 460-0185

TTY at (800) 735-2900

Language access (888) 260-4297

AllCareHealth.com/Medicaid



allcare CCO