Welcome to PrimeWest Health’s Focused Wellness program for diabetes. This program will help you learn more about how to manage your diabetes.

Did you know that, according to the Centers for Disease Control and Prevention (CDC), 34 million people in the United States have diabetes? That means you’re not alone! When you have diabetes, your body doesn’t produce enough—or any—insulin. Insulin helps the body use sugar, and when you don’t have the right amount of insulin, your blood sugar can get too high or too low. Both are dangerous, and you’ll want to work closely with your health care provider to manage your diabetes as well as possible. That could be through diet changes, exercise, and/or medications. There is no cure for diabetes, but it can be controlled with the help of your health care provider.

You can find more information on the American Diabetes Association’s website at www.diabetes.org.

Source: CDC

Alcohol and Diabetes: Watch Your Blood Sugar

As with everything, moderation is key when it comes to alcohol. It is important not to drink too much. The American Diabetes Association (ADA) recommends that women should have no more than 1 drink per day. Men should have no more than 2 drinks per day.

Alcohol can cause low blood sugar. If you are going to drink alcohol, it is very important to monitor your blood sugar. This is because the symptoms of having had too much alcohol and the symptoms of low blood sugar can be similar. Make sure you don’t mistake one for the other. They both cause sleepiness, dizziness, and disorientation.

Check your blood sugar before you drink. Keep checking it while you drink and for up to 24 hours after. If you have been drinking, you should also be sure to check your blood sugar before you go to bed to make sure it is at a safe level. If your blood sugar is low, eat something to raise it before you go to sleep.

Talk with your health care provider about whether alcohol is safe for you. If you drink alcohol several times a week, make sure your provider knows this before prescribing any medication for you.

Source: ADA

Go Ahead and Lose…the Weight

Losing weight can help people with type 2 diabetes use insulin better. It can also lower your cholesterol, protect your heart, and give you more energy. If you are overweight, it is important to work with your health care provider to come up with a plan to get to and maintain a healthy weight. The 2 main areas you’ll work on are eating right and exercising. For information on exercising, see the article on page 2.

Source: Vertical Health, LLC

Does Diabetes Have You Down?

According to the American Diabetes Association (ADA), people with diabetes have a greater risk of depression than people who don’t. Experts aren’t sure exactly why, but a few things likely contribute. Managing diabetes can be stressful. This is especially true if you face complications. It can also make you feel lonely if you don’t have someone to talk to who understands what you’re going through. The most important thing to do if you are feeling depressed, frustrated, or anxious is to talk with your health care provider. Your provider may be able to help by adjusting your treatment plan. You can also talk to a mental health professional who might recommend therapy and/or medication.

Don’t be afraid to ask for help.

Source: ADA

People with chronic conditions may be at higher risk for COVID-19 and be more likely to get very sick. Talk to your provider about staying healthy and getting vaccinated. You can also find resources at www.primewest.org.
Your Treatment Plan: The Path to Better Health

Developing a treatment plan will help you minimize the effects of diabetes. This will help you feel your best. You and your healthcare provider can work together to develop your treatment plan. It will likely include the following.

Self-monitoring

It is important for you to monitor your blood sugar as recommended by your provider. This may include daily checks using a glucometer. Be sure to record the readings. That way you can talk about them with your provider at your next visit.

Medical testing and follow-up

Getting medical exams and tests on a schedule recommended by your provider is an important part of keeping your diabetes in check. Some tests your provider will likely recommend include an overall physical exam, a dilated eye exam, and a foot exam. Your provider will also recommend a test to measure your LDL (“bad”) cholesterol and an HbA1c test to measure your blood sugar levels over time. Based on your results, you and your provider will create a follow-up plan.

Medication adherence

It is important that you take the medications your provider has prescribed as directed. This will help prevent complications. For example, if you do not take your insulin as directed, you may end up with high blood sugar levels. This can lead to problems like kidney disease or kidney failure, strokes, heart attacks, blindness, and nerve damage.

Make a treatment plan with your provider. Then, don’t just plan to follow it—commit to following it!

Source: WebMD

Help Manage Your Diabetes with Exercise

Did you know exercise can help you manage your diabetes? Here’s how:

- When you exercise, your cells become more sensitive to insulin. This means the insulin can work more efficiently in your body.
- Exercise removes excess blood sugar from your body. This may help protect you from the long-term effects of diabetes and allow you to use less medicine.

There are 3 types of exercise: cardiovascular (cardio), strength training, and stretching. You should try to make each a part of your exercise routine.

- **Cardiovascular exercise** is good for your heart and lungs. Examples include swimming, biking, walking, and jogging.
- **Strength training** strengthens your muscles. Examples include lifting weights and doing push-ups, sit-ups, and squats.
- **Stretching** makes you more flexible. It also helps you move better and helps prevent injury, so you may want to stretch for a bit before and after you exercise.

The Centers for Disease Control and Prevention (CDC) recommends people get 150 minutes of moderate-intensity physical activity each week. You should spread your activity throughout the week, so a good way to get your time in is to exercise for 20 – 30 minutes a day.

Be sure to check your blood sugar before you exercise. Exercising when your blood sugar is too high or too low can cause serious problems. You should check your blood sugar again when you’re done exercising.

**Talk with your health care provider about an exercise plan that is right for you.** Once you have your provider’s okay, carve out some time in your schedule for exercising. Commit to it and soon you’ll start to feel the benefits.

Source: CDC
Smoking: Get Help to Quit Now!
Smoking is the #1 cause of preventable death and disease in the United States. It can lead to a lot of health problems like cancer, heart disease, and stroke. It can also make your diabetes harder to control. According to the Centers for Disease Control and Prevention (CDC), people with diabetes who smoke have higher risks for complications, including the following:

- Heart and kidney disease
- Circulation problems in the legs and feet
- Eye disease
- Nerve damage

Those seem like good reasons to quit smoking! Here’s how to do it.

- Visit [www.smokefree.gov](http://www.smokefree.gov). You can find tools and tips, talk or chat with an expert, and build a quit plan.
- Access information on smoking and how to quit through PrimeWest Health’s Secure Member Site. Go to [www.primewest.org/secure-member-site](http://www.primewest.org/secure-member-site) and log in or sign up. Click Access Wellness in the Quick Links menu. Next, click My Health>Edit and check the box for “Quitting Tobacco.” Click Save. (Your changes will be saved for the next time you log in to your account.) Then, click Tobacco at the top of the screen.
- Talk to your health care provider. Your provider can let you know about services such as individual or group counseling and over-the-counter (OTC) products to help you quit. OTC products include nicotine replacement patches, gum, and lozenges. Your health care provider or pharmacist can write you a prescription for these items.

Quitting is hard, but the benefits are worth it. Make a plan to quit and get the help you need to do it.

Remember that every time you see your health care provider, it’s your time to ask questions and get the answers you need to be the healthiest you can be.

- Express any concerns you have about your health.
- Make sure you understand the “whats”—*what* your health problem is, *what* you should do about it, and *what* steps to take next.
- Also ask your provider the “whys.” Sometimes understanding *why* you should do something will help motivate you to do it.
- If you don’t understand something, ask your provider to tell you more or to explain it using different words.

If you have questions after you leave your appointment, you can call your health care provider’s office. You can usually speak to a nurse or ask to leave a message for the provider you saw. Your provider will call you back.

Support for Caregivers
Here are some specific ways you can help someone with diabetes.

- Learn about diabetes. Learn what it is and how it affects the person you care for. The American Diabetes Association’s (ADA) website is a good place to start ([www.diabetes.org](http://www.diabetes.org)).
- Help with instructions. You can help the person you care about remember to take medications, keep appointments, and follow the treatment plan.
- Support open communication. Encourage the person you care for to be open and honest. Let the person know you are there as a source of help and support. Offer to attend appointments with the person and take notes.

Also be sure to take time for yourself. Ask other family or friends to give you a break when you need it. It can also be helpful to join a support group.

Source: ADA

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Source: CDC

Source: Institute for Healthcare Improvement
Health and wellness or prevention information

Note: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider’s advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.
Attention. If you need free help interpreting this document, call the above number.

Мәлимет: Егер бязы маңай аударуудың түрдөө айты эмне, туура сүрөттин жеңөс азыктыр.

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

 알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

โปรดทราบ. ข้าพเจ้าต้องการให้คุณเรียกไปยังหมายเลขด้านล่าง โดยไม่เสียค่าตอบแทนที่ใดๆ.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kennname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Dignin. Haddii aad u baahantahay caawimad lacag-la’aan ah ee tarjumaadda (afeelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.
Civil Rights Notice

Discrimination is against the law. PrimeWest Health does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Auxiliary Aids and Services: PrimeWest Health provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Language Assistance Services: PrimeWest Health provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by PrimeWest Health. You may contact any of the following four agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)
Contact the **OCR** directly to file a complaint:
Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

**Minnesota Department of Human Rights (MDHR)**
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:
- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:
Minnesota Department of Human Rights
540 Fairview Avenue North
Suite 201
St. Paul, MN 55104
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

**Minnesota Department of Human Services (DHS)**
You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:
- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.
DHS will notify you in writing of the investigation’s outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact DHS directly to file a discrimination complaint:

Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (voice) or use your preferred relay service

PrimeWest Health Complaint Notice
You have the right to file a complaint with PrimeWest Health if you believe you have been discriminated against because of any of the following:

- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:

Rebecca Fuller
Civil Rights Coordinator
PrimeWest Health
3905 Dakota St
Alexandria, MN 56308
Toll Free: 1-866-431-0801
TTY: 1-800-627-3529 or 711
Fax: 1-320-762-8750
Email: rebecca.fuller@primewest.org

American Indian Health Statement
American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.