



LIVING WITH DIABETES: A GUIDELINE FOR ADULTS

HOW TO USE THIS GUIDE

Take this guide when you meet with your doctor or nurse. It can help you know what to ask at your visit. As always, we are here to support your efforts for good health too.

MANAGING DIABETES

Working with your doctor or nurse can help you manage your diabetes.

- ▶ See your doctor or nurse every three to six months
- ▶ Make sure you see an eye doctor. You will want to get a dilated eye exam each year.
- ▶ See your dentist at least every six months for a dental exam

AT EACH DOCTOR VISIT

You and your doctor or nurse need to check or discuss:

- ▶ Taking medication* to;
 - Control blood sugar
 - Control blood pressure
 - Control cholesterol
 - Lowering heart disease & stroke risk
- ▶ Weight and height
- ▶ Blood pressure
- ▶ Feet
- ▶ Teeth and gums
- ▶ Home blood sugar monitoring*
- ▶ Frequency of low blood sugar reading
- ▶ Healthy eating*
- ▶ Use of beer, wine, and liquor
- ▶ Tobacco use and how to quit

- ▶ Being active*
- ▶ Healthy coping*
- ▶ Problem solving*
- ▶ Reducing risks*
- ▶ Other questions or goals

SETTING GOALS

- ▶ Picture where you would like to make changes in the next three months.
- ▶ Choose a goal you can reach.
- ▶ Plan easy steps to reach your goal.
- ▶ Put your plan into action.

DAILY CARE

- ▶ Check your blood sugar two to four times a day, or as directed by your nurse or doctor.
- ▶ Foot care. Look at your feet every day for cuts, sores, and swelling. Let your doctor or nurse know about any concerns or changes, including tingling or numbness.
- ▶ Brush and floss your teeth two times a day.

EDUCATION

- ▶ Each year, meet with a dietitian to talk about how to eat right.
- ▶ Each year, meet with a diabetes educator to learn more about your self-care.

EXERCISE

- ▶ Be active for 30 minutes a day on most days of the week.

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IMMUNIZATIONS

- ▶ Get a flu shot every year.
- ▶ Get a pneumonia vaccine with one booster, as directed by your doctor or nurse.
- ▶ Get a hepatitis B vaccine as directed by your doctor or nurse.

LAB TESTS

Lab tests can tell you if what you're doing to take care of yourself is working.

- ▶ Get an A1C test at least every six months. It checks the amount of sugar in your blood over the last two to three months.
- ▶ Get yearly kidney tests, such as the urine microalbumin (protein).
- ▶ Talk with your doctor about how often to check your cholesterol (lipid) test.
- ▶ Get your potassium and creatinine (blood test for kidneys) checked every year if you take a water pill or medicine for your blood pressure.

MEDICINES

- ▶ Use the same drug store to get all your medicines.
- ▶ Ask your doctor or nurse how and when to take your diabetes pills or insulin.
- ▶ If you are having trouble taking your medicine, talk to your doctor, nurse, diabetes educator or pharmacist.

NUTRITION

- ▶ Make healthy food choices and watch your serving sizes.

DIABETES RESOURCES

American Diabetes Association (ADA)

2451 CRYSTAL DRIVE, SUITE 900

ALEXANDRIA, VA 22202

Toll-free: **(888) 342-2383**

Email: AskADA@diabetes.org

Website: diabetes.org

Get the latest information about diabetes care and ways to improve your quality of life.

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2190

Chicago, IL 60606-6995

Toll-free: **(800) 877-1600**

Phone: **(312) 899-0040**

(Consumer nutrition hotline in English and Spanish)

Website: eatright.org

Learn how a dietitian can help you with healthy eating.

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Education Program

9000 Rockville Pike

Bethesda, MD 20892

Toll-free: **(800) 860-8747**

Phone: **(301) 496-3583**

TTY: **(866) 569-1162**

Web: niddk.nih.gov

Quartz Medicare Advantage Diabetes Program

Toll-free: **(866) 884-4601, ext. 704966**

Phone: **(608) 471-4966**

Website: QuartzBenefits.com/MedicareAdvantage

CONTACT US

QuartzBenefits.com/MedicareAdvantage

Call Medicare Advantage (HMO) Customer Service at **(800) 394-5566** or **TTY 711**.

This information is available for free in other languages.

Customer Service Hours:

Monday – Friday from 8 a.m. – 8 p.m.

From Oct. 1 – March 31, we are also available to assist you on Saturdays and Sundays from 8 a.m. – 8 p.m.

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Spanish – ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de ayuda con el idioma. Llame al (800) 362-3310, TTY 711 or toll free (800) 877-8973.

Hmong – LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau (800) 362-3310, TTY: 711 or toll free (800) 877-8973.

* 7 Self-Care Behaviors of the American Association of Diabetes Educators (AADE), "AADE 7 Self-Care Behaviors"[™] (accessed March 20, 2019), available at diabeteseducator.org/