

Commit to lowering your blood sugar and A1C

Start by creating a plan with your healthcare provider to monitor and control your high blood sugar.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Care Team members are just a text way with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text "Hi" to 877-365-0051 or go to mymohawk-benefits.com/hlct

Commit to:

- taking your medication as prescribed, if applicable.
- maintaining a healthy diet and exercise
- monitoring your blood sugar numbers with regular checks.

Remember to talk to your healthcare provider about changes in your blood sugar, new or different symptoms and your medications.

It is important to be honest with your healthcare provider about your condition.

Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.



DIABETES CARE PATH



Healthy Life Care Team
Healthy Life Center
Healthy Life Navigators
Healthy Life Center Providers

Text or Call
1-877-365-0051

careteamsupport@cigna.com

KEY POINTS FOR MANAGING DIABETES

REQUIRED

- Member to adhere to medication regimen
_____ % adherence—Take Medications as prescribed
_____ control with diet and exercise (if possible)
- A1C \leq 7.0%
_____ Date achieved
- Annual biometrics (CMP, LIPID, A1C)
_____ Date completed
- Urine Microalbumin (annually)
_____ Date completed

RECOMMENDED

- Diabetes Preventive Exam: Eye and Foot
_____ Date & test completed
_____ Date & test completed
- Preventive Screenings if due (Colonoscopy, Mammogram, PAP smear)
_____ Date & test completed
_____ Date & test completed
_____ Date & test completed
- Nutrition education
_____ Date completed
- Member to monitor BP at home (<140/80)
Frequency _____ Take blood pressure at home
- Replace glucometer every 2 years

If hypertensive follow the Hypertension Care Path as well.



Diabetes is a chronic condition that affects how your body turns food into energy.

Type 1

Type 1 diabetes is when your body stops making or or makes little insulin. Of those with diabetes, approximately 5-10% have type 1.

Type 2

Type 2 diabetes is the most common form of diabetes. With type 2 diabetes, you body doesn't use insulin properly.

Having a healthy diet a key part in managing type 2 diabetes. Work with your healthcare providers to find a healthy diet plan that works for you.

Exercise is another key part. Find different ways to get moving and ensure you have some activity every day. It can be as easy as walking around your neighborhood.

Remember, small changes make a big difference over time.