



KEY POINTS

Remember to have these routine tests to keep yourself healthy:

HbA1c blood test
(at least two times a year).

LDL blood test
(Lipid profile test)
The goal for most people is less than 100

Microalbuminuria
(Urine test to check that your kidneys are working the right way)

Dilated retinal eye exam

Foot exam (at least two times a year)

For more information on diabetes call 1-888-437-0606 and ask for Disease Management or visit our website at www.hpmich.com

Any HPM member who has been diagnosed with Diabetes is automatically enrolled in our Diabetes Disease Management Program. If you do not wish to receive our newsletters and educational materials, please call 1-888-437-0606, ext. 1345.

Diabetes and Losing Weight

Was losing weight one of your New Year goals? You're not alone if you need to lose some weight to get healthier. About 65% of U.S. adults are overweight or obese. The problem with being overweight is that it can cause health problems such as heart disease, high blood pressure, diabetes, stroke, and cancer, to name just a few.

Remember, it is possible to lose weight and keep it off. However, people with diabetes should not try weight loss without the help of their doctor and close monitoring of their blood sugar. The keys to a healthy weight are:

1. Diet
2. Exercise



Diet

- Limit the number of calories you eat each day.
- Portion control. Cut back on the amount of food you eat each day. This way, you can still eat some of your favorite foods.
- If you have diabetes and are overweight, by reducing your calorie intake and eating smaller portions, you can lose extra pounds and lower your blood glucose levels.

HPM pays for diabetic education classes. Interested? Call 1-888-437-0606, ext. 1345

Exercise

Exercise is an important part of managing your weight. It can:

- Increase your metabolism
- Increase your muscle mass so you burn more calories
- Help you handle stress
- Help improve your body's response to insulin and help to lower glucose by burning extra calories
- Reduce your risk for heart disease and stroke, the leading causes of death for people with diabetes

How to Get Started

- Before you start your new diet and exercise program, talk to your doctor. Your doctor may refer you to a dietitian or other specialist.
- Develop a plan and set realistic goals. For example, start with something simple like walking. Increase the time and the distance until you are able to walk for 30 minutes, 5 days a week.
- Reward yourself for reaching your goals. Don't use food as the reward!
- Stick with it. A 5-10 pound weight loss is better than staying the same or gaining!