



ABOUT YOUR HEALTH

with Health Plan of Michigan



SUMMER 2007

REMINDERS

1. SEE YOUR DOCTOR FOR REGULAR CHECK-UPS.
2. KEEP A LIST OF THE MEDICINE YOU TAKE WITH YOU WHEN YOU LEAVE HOME.
3. TAKE YOUR MEDICATIONS AS THE DOCTOR ORDERED.
4. USE THE EMERGENCY ROOM ONLY FOR TRUE EMERGENCIES.
5. KNOW YOUR BLOOD PRESSURE READING AND LAB TESTS RESULTS.

VISIT US ON THE WEB AT:

WWW.HPMICH.COM

INFORMATION FOUND ON THE WEBSITE IS AVAILABLE IN HARD COPY BY CALLING HPM AT 1-888-437-0606.

Health Plan of Michigan's Disease Management Newsletter

Welcome to the Disease Management Program at HPM!

This is the first issue of our new Disease Management Newsletter. It should look different from what you may have received in January of this year. We changed the name and design of our newsletter so that all of our Disease Management Programs receive one newsletter. You are receiving this newsletter because you have one or more of the following conditions:

1. ASTHMA
2. DIABETES
3. CARDIOVASCULAR OR HEART DISEASE
4. WEIGHT MANAGEMENT

On the inside pages you will see a section about each of the topics listed above. We hope that you find the information helpful.

If you would like more information on one of our Disease Management Programs, please feel free to contact us at 1-888-437-0606, ext. 1395. You may also find Disease Management information on our website at www.hpmich.com.

If you have received this newsletter and do not have one of the conditions listed above, we apologize. Please contact us at 1-888-437-0606, and let us know that you do not want to continue to receive our Disease Management Newsletter.

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Choose the type of exercise that is right for you.

Find activities that you enjoy doing. Use variety... Bike one day and walk another.



Asthma and Exercise

You don't have to give up exercise if you have asthma. In fact, regular exercise is important in helping you manage your asthma. Exercise helps people with asthma by:

- Keeping you fit and in a healthy weight range
- Decreasing shortness of breath when you're active
- Giving you more energy and allows you to be active for longer periods of time

However, some people may experience asthma when they exercise or do sports. For some people, exercise may be a trigger. This is called exercise induced asthma (EIA). Even people with EIA can exercise. You will need to work with your doctor to find a plan that's right for you. Some good exercise choices for people who have EIA are swimming, walking, and other sports that allow you to catch your breath (like tennis, golf, baseball, and weight lifting). Some tips that all people with asthma may find helpful as they choose to exercise are:

- **Warm up first.** The warm up should last about 5-15 minutes. Walk around or jog in place.
- **Take a break.** Rest for a few minutes after the warm up. Use this time to catch your breath.
- **Start slowly and gradually build up.**
- **Cool down after exercise.** Cool down for about 5-10 minutes after.

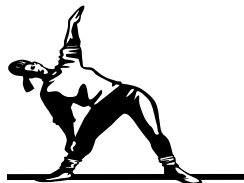
Diabetes and Exercise

Exercise can help control your diabetes. It makes you feel good today and keeps you healthy. Before beginning any exercise program it is important to talk with your doctor. Ask your doctor what types of exercise or activity are safe for you and any special things you should do before beginning the exercise. You may need to test your blood sugar before exercise. Ask your doctor what blood sugar levels are safe for you. Some good forms of exercise for diabetics are:

- Walking, jogging, or running
- Swimming
- Biking
- Dancing

You should carry identification on you that states that you are a diabetic. You should also be ready in case you get a low blood glucose level. Carry glucose tablets, juice, or another fast-acting carbohydrate. Remember to be consistent with your exercise plan. The best time to exercise is about 1-3 hours after a meal. Know how to adjust your diet and insulin on days when you are more active or less active than usual. Make sure that your shoes fit properly.

Physical Fitness and Your Heart



Being physically inactive (little or no exercise) is a major risk factor for heart disease.

Here are some facts on how physical activity helps your heart:

1. Increases your heart/lung capacity. Gets your heart pumping and helps your lungs process oxygen.
2. Lowers your blood pressure.
3. Helps you to control your weight.
4. Lowers your blood cholesterol.
5. Gives you more energy.
6. Helps you keep your blood sugar levels in control.
7. Helps you relax more and sleep better.

Some activities that can help strengthen your heart and lungs are:

- Walking
- Bicycling
- Jogging/Running
- Swimming
- Aerobic Dancing

Get moving and stay active!

Remember to talk to your doctor before beginning any exercise program.



Did you know that your heart is the hardest working muscle in your body?

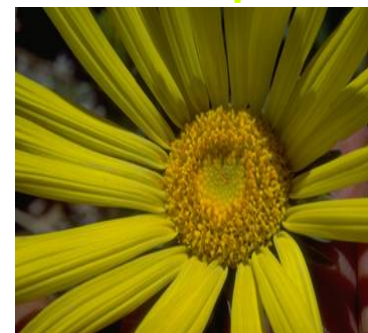
Controlling Your Weight and Exercise

We all know that what we eat or don't eat is important to our health. Daily activity and exercise can help you reach your weight loss goals and help you stay at a healthy weight.

If you are one of those people who are not very active at all, getting started is your first step. Some tips to get you started are:

1. Take the stairs instead of the elevator or escalator.
2. Park further away from buildings and walk.
3. Give up your TV remote. Get up to change the channel.
4. Make a commitment to be more active each day.
5. Build up to 30 minutes or more each day. You don't have to get the 30 minutes all at once. You can do it in short doses.
6. Find a partner to keep you motivated and moving.
7. Set aside a regular time each day to exercise.
8. Drink lots of water during and after exercise.

Check with your doctor before starting any exercise program.



Fitness is within everyone's reach!

MEMBER NAME
Street Address
City, MI ZIP

KIDS NEED EXERCISE TOO!

The number of children who are overweight has more than doubled over the past 30 years. There are several reasons for this, but part of the problem is that kids are sitting around a lot more than they used to. The American Academy of Pediatrics (AAP) states that the average child is watching about 3 hours of TV a day. When you add in video games, the average kid spends 5 1/2 hours on all media combined!

Parents need to make sure that their children are getting enough exercise. How much is enough? All children 2 years and older should get 60 minutes (1 hour) of moderate to vigorous exercise on most, preferably all, days of the week. Here are the activity recommendations for children, according to the National Association for Sport and Physical Education (NASPE):

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|---------------|-------------------------|--|
| • Infant | No specific requirement | Physical Activity should encourage motor development |
| • Toddler | 1 1/2 hours per day | 30 minutes planned activity and 60 minutes of free play |
| • Preschooler | 2 hours per day | 60 minutes planned physical activity and 60 minutes of free play |
| • School Age | 1 hour or more per day | Break up into 15 minutes or more |

It's important to remember that young children should NOT be inactive for long periods of time—no more than 1 hour unless they're sleeping. School age children should not be inactive for longer than 2 hours.

One of the best ways to get children to be more active is to limit their TV watching and playing video games. Get outside and play tag, hide and seek, a game of catch, shoot hoops or jump rope. Walk or bike to the park and play on the outdoor equipment. Ask your child to help in the yard by weeding or planting flowers. Be a good role model for your child. Ask your child to walk or go for a run with you. Combine regular physical activity with a healthy diet. This will teach your child the tips to a healthy lifestyle.

