



# ABOUT YOUR HEALTH



with Health Plan of Michigan

Winter 2008

## REMINDERS

1. SEE YOUR DOCTOR FOR REGULAR CHECK-UPS.
2. KEEP A LIST OF THE MEDICINE YOU TAKE. BRING IT 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](http://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

### A Fresh Start with some Healthy Ideas

Here are some tips to help you stay healthy as you begin the new year:

- Quit smoking. Talk to your doctor about ways to help you kick the habit.
- Eat healthy. Try to eat 5-6 servings of fruits/vegetables every day.
- Start exercising. Start out slowly and work up to 30 minutes each day.
- Drink plenty of water. Try to drink eight 8-ounce glasses of water each day.



Our newsletter is published three times a year. You are receiving this newsletter because you might have one or more of the following conditions:

1. Asthma
2. Diabetes
3. Cardiovascular
4. Weight Management

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 1251. You may also find Disease Management information on our website at [www.hpmich.com](http://www.hpmich.com)

If you have received this newsletter and do not have one of the conditions listed above or do not wish to be in our Disease Management program, please contact us at 1-888-437-0606 and let us know that you want to be removed from our program.



## Pumpkins.

*Pumpkins can be a traditional part of holiday menus. They are a great source of vitamin A, fiber and potassium. They are also high in iron and fat. This fat is the good kind of fat which helps lower bad cholesterol levels.*

Source: Diabetes.org



# Asthma Control



The winter weather can affect your asthma and can trigger asthma attacks. Here are some hints to keeping your asthma under control:

- Keep your mouth covered when walking in the cold to protect your lungs.
- Make sure you have your asthma medications. Carry your rescue inhaler. Use your peak flow meter if you are having problems breathing.
- Work with your provider on an Asthma Action Plan to help you manage your asthma. An Asthma Action Plan will tell you what to do if your asthma is acting up.
- Stress can induce asthma symptoms. Try to exercise to help reduce stress. Exercise indoors because outdoor exercise in cold weather can cause asthma symptoms to act up.



## Diabetes - Testing your sugars

If you have diabetes you should test your blood glucose levels regularly. Regular testing of your blood glucose levels can help reduce the risk of long term complications. Testing should be done before meals and at bedtime. Discuss with your doctor how many times and when you should be checking your sugar levels.

- Before meals your sugar should be 90-130mg/dL
- Before your bedtime snack, your sugar should be less than 180mg/dL

Inform your doctor if your blood glucose levels have been greater than 180mg/dL for over 2 weeks. Take your meter in to your doctor appointments so they can compare your meter to theirs.

Have your HbA1c levels checked every 3 months. Your HbA1c level informs you of what your blood glucose level has been for the past 3 months. Ideally, your HbA1c level should be 7 or below. Having a level of 7 shows that your sugar levels have been under 147mg/dL.

Great Lakes Medical Supply is our provider for diabetic testing supplies such as meters, strips and lancets. All members are given a Prodigy meter and testing supplies as ordered by their doctor. You can reach Great Lakes Medical Supply at 1-800-774-0788.

# Your Heart and Cholesterol



## Trans Fats

Trans fats can affect your heart if you have high cholesterol or high triglycerides. Trans fat is the “bad” fat. It can raise your LDL cholesterol, which is the “bad” cholesterol and can lower the HDL which is the

“good” cholesterol. It can also damage your arteries. There are many baked goods and desserts that are made with trans fats. Be aware of what you are eating. Read the labels on the food you buy. If you are making cookies or cakes, use recipes that call for butter not margarine. Try to cut down on baked goods since they can be high in calories too.

Have you had your cholesterol and LDL checked lately?

## Quit Smoking

Smoking can lower your HDL (the good cholesterol). Kick the habit. For help call the quit line at :

1-800-480-7848



## Avoid Stress.

Stress is one of the risk factors for heart disease and heart attacks. Daily exercise can help relieve stress.



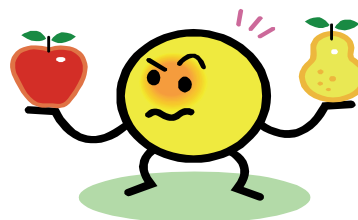
*Did you know that HPM is ranked number 10 in Medicaid Health Plans in the nation, for keeping our members healthy?*



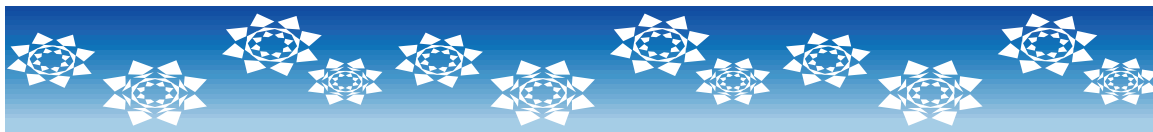
## Controlling Your Weight

A new year is beginning. Is getting to a healthy weight one of your goals? Here are some tips:

- Pick a realistic weight goal. Work on that goal and once you have reached it, then work on another. Start with 10 pounds.
- Get moving. Start slowly. Work up to 30 minutes a day. Check with the doctor
- before beginning any exercise program.
- Stay away from weight loss programs that promise “instant weight loss”. If it seems too good to be true, it probably is.
- Watch what you eat and how much you eat. Use a smaller plate.
- Don't buy foods that you know aren't good for you (chips, cookies, candy).



Did you know that being apple shaped (heavier around your waist) rather than a pear-shaped (more fat around your hips) puts you at greater risk for type 2 diabetes and heart disease?



Health Plan of Michigan  
777 Woodward Ave. Ste 600  
Detroit, MI 48226  
1-888-437-0606  
[www.hpnich.com](http://www.hpnich.com)

MEMBER NAME  
Street Address  
City, MI ZIP

**We Have Moved!**

We are in a new location. As of December 17, 2007 our new address is:

**Health Plan of Michigan  
777 Woodward Ave., Ste 600  
Detroit, MI 48226**

Our toll free number will remain the same, 1-888-437-0606.  
Our website remains the same, [www.hpnich.com](http://www.hpnich.com)

