

What is diabetes?

There are three main types of diabetes:

Type 1 diabetes – Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.

Type 2 diabetes – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Gestational diabetes – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. Even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Care coordination and integration

Our care coordination and integration department offers the following case and health management programs to members:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart disease
- Heart failure
- Hypertension (high blood pressure)
- Osteoporosis
- Tobacco cessation (quitting)
- Weight management

For more information, call 800-883-6355 or 855-227-1302, Monday through Friday from 8:00 a.m. to 4:30 p.m. TTY/TDD users should call 711.

GHPFamily.com



Managing your diabetes

Talk to your doctor

When you are first diagnosed with diabetes, it is often overwhelming. There is so much you need to learn and your healthcare team is here to help.

Effective diabetes care can be achieved through working closely with your diabetes healthcare team. They are there to support you in self-managing your diabetes. The most important person in the team is you, because the decisions made will affect you. You are the one who manages your diabetes every day.

Talk to your doctor about how you can best care for your diabetes to stay healthy. Taking responsibility for your diabetes will enable you to manage your diabetes more effectively. You can improve your quality of life. You can avoid

problems in the future. It may not be easy, but it's worth it.

Make a few changes

You can control your diabetes by moving every day, making healthy food choices, and staying at or getting to a healthy weight. It's also important to take your medicine, even when you feel good. Aim for thirty minutes of activity most days of the week. You do not have to go to the gym, going for a walk is just fine.

Losing weight may seem difficult. However, research has shown losing as little as 10% of your current weight can improve your blood sugar control and decrease insulin resistance. What does 10% look like? That is 20 pounds for someone who weighs 200 pounds. Ask your doctor how much weight loss is right for you.

If you need this information in another language, call 1 (855) 227-1302 (TTY: 711), Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday from 8 a.m. to 8 p.m.

Nếu quý vị cần thông tin này bằng ngôn ngữ khác, hãy gọi 1. (855) 227-1302 (TTY: 711) Thứ Hai, Thứ Ba, Thứ Năm và Thứ Sáu từ 8 giờ sáng đến 5 giờ chiều hoặc Thứ Tư từ 8 giờ sáng đến 8 giờ tối.

Si necesita esta información en otro idioma, llame al 1. (855) 227-1302 (TTY: 711) lunes, martes, jueves y viernes de 8:00 am a 5:00 pm o miércoles de 8:00 am a 8:00 pm.

Если вы хотите получить данную информацию на другом языке, позвоните по номеру 1. (855) 227-1302 (Телетайп: 711) в понедельник, вторник, четверг и пятницу с 8 а.м. до 5 р.м. или в среду с 8 а.м. до 8 р.м.

如果您需要此資訊的其它語言版本，請撥打電話：1. (855) 227-1302 (聽障專線：711) 週一，週二，週四和週五上午 8：00 至下午 5：00 或者週三上午 8：00 至晚上 8：00

ប្រសិនបើអ្នកត្រូវការព័ត៌មាននេះជាភាសាដទៃទៀត សូមហៅ 1.855-227-1302 (TTY: 711) ថ្ងៃចន្ទ ថ្ងៃអង្គការ ថ្ងៃពុធហាស្របតំ និងថ្ងៃសុក្រពីម៉ោង 8 ព្រឹក ដល់ម៉ោង 5 ល្ងាច ឬថ្ងៃពុធម៉ោង 8 ព្រឹក ដល់ម៉ោង 8 យប់។

The American Diabetes Association, www.diabetes.org

National Institute of Diabetes and Digestive and Kidney Diseases, Diabetes A-Z, retrieved from <http://www.niddk.nih.gov/health-information/health-topics/Diabetes/Pages/default.aspx>

Take your medicine

When lifestyle changes alone are not enough, it is time to add medication. Not all medicine for diabetes is insulin, and not all medicine causes low blood sugar. Work with your doctor to find the medicine that is going to work best for you.

When you start taking medicine, it is important to check your blood sugar. These readings help your doctor know if your medicine is working. They also help your doctor know which type of medicine might work best for you.

Checking your blood sugar helps you know when to call your doctor. If your blood sugars are running low, below 70, call your doctor. Your doctor may need to cut back your medicine. If your blood sugars are running high, above 200, call your doctor. Your medicine may need to be increased.

You can also use blood sugar readings to see if the amount of food you eat at a meal is too much or just right. If your blood sugar is more than 180 two hours after a meal, you probably had too much to eat. Next time you have that meal, try cutting back on the amount you eat and check again.

Always take your medicine, even when you are sick. Check your blood sugar more often. Let your doctor know if you cannot keep fluids down, vomiting, or have diarrhea.



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You can still do the things you love while you take care of yourself. Manage your health the right way and you'll live a rewarding, active life.

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GHP Family

100 N. Academy Ave.
Danville, PA 17822-3240

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What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition - all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

GHP Family believes this program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 855-227-1302 (TTY: 711) to speak with your healthcare provider or visit us on the web at GHPFamily.com

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs