

# Taking Care of Your Diabetes

Having diabetes means you have too much sugar (glucose) in your blood. High amounts of sugar in the blood can harm your body. Keeping blood sugar close to healthy levels can prevent serious health issues.



## Healthy Blood Sugar Levels

<b>Before</b> eating a meal	Between 80 - 130
One to two <b>hours after</b> eating a meal	Less than 180

Your range may be different if you have other health conditions or if your blood sugar is often too high or low. Always follow your provider's recommendations.

## Five Steps to a Healthier Blood Sugar Level

<b>1</b>	Track your blood sugar	<ul style="list-style-type: none"> <li>• Check your levels two to four times a day</li> <li>• Get an A1c Screening regularly – The A1c shows your average blood sugar level over the past three months</li> </ul>
<b>2</b>	Healthy eating and drinking	<ul style="list-style-type: none"> <li>• Eat every four to five hours</li> <li>• Drink water – Limit caffeinated and sugary drinks</li> </ul>
<b>3</b>	Move your body	<ul style="list-style-type: none"> <li>• Daily exercise, at least 10 minutes at a time</li> </ul>
<b>4</b>	Take diabetes medicine (if prescribed)	<ul style="list-style-type: none"> <li>• Know when, how and why to take your medicine</li> </ul>
<b>5</b>	Visit your provider (at least twice a year)	<ul style="list-style-type: none"> <li>• Go over your diabetes visit checklist</li> <li>• Talk about diabetes screening</li> </ul>

## Presbyterian Member Resources



### Health Education Tools

Online tools are available in the member portal at <https://mypres.phs.org/Pages/default.aspx>

### Care Coordination and Coaching

Support from staff who help organize your care and make health outcomes better: (505) 923-8858 or 1-866-672-1242

### PresRN 24/7 nurse advice service

- Centennial Care (505) 923-5677 or 1-888-730-2300
- Medicare (505) 923-5573 or 1-800-887-9917
- All Other (505) 923-5570 or 1-866-221-9679

### The Tobacco Quit Line

Telephone support to help you quit smoking: 1-888-840-5445

### Clickotine

Phone app to help you quit smoking: <https://Clktx.com/join>  
Client ID: Medicaid - P22MCO, Medicare and Commercial - LNV20C

### Presbyterian Customer Service Center (PCSC)

Call PCSC for questions about your plan, help with choosing a provider or to make an appointment

- Centennial Care: (505) 923-5200 or 1-888-977-2333
- Presbyterian Dual Plus (HMO-SNP): (505) 923-7675 or 1-855-465-7737
- Presbyterian Senior Care (HMO/HMO-POS) and Presbyterian MediCare PPO: (505) 923-6060 or 1-800-797-5343
- Commercial: (505) 923-5678 or 1-800-356-2219



# Screening for Diabetes

High blood sugar levels can harm your body. Diabetes screenings are important and can tell a provider if there have been any changes in your health, even if you don't notice anything.

## A1c

Type of Screening:  
Blood test



Frequency:  
At least two times a year

## Blood Pressure

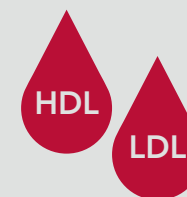
Type of Screening:  
Blood pressure check



Frequency:  
At least four times a year

## Cholesterol

Type of Screening:  
Blood test



Frequency:  
Once a year

## Eyes

Type of Screening:  
Eye exam



Frequency:  
Once a year

## Feet

Type of Screening:  
Foot exam



Frequency:  
Once a year

## Kidney

Type of Screening:  
Urine test or blood test



Frequency:  
Once a year

Information adapted from CDC Take Charge of Your Diabetes. Retrieved from: <http://www.cdc.gov/diabetes/pdfs/library/takechargeofyourdiabetes.pdf>.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 505-923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó níńízín: Díí saad bee yáńífti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éi ná hóló, koji' hódíílnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

Such services are funded in part with the State of New Mexico. Presbyterian exists to improve the health of the patients, members and communities we serve.

Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare Contract and a contract with the New Mexico State Department of Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO SNP) depends on contract renewal. Presbyterian Senior Care (HMO) / (HMO-POS) and MediCare PPO are Medicare Advantage plans with a Medicare contract. Enrollment in Senior Care (HMO) / (HMO-POS) and Presbyterian MediCare PPO depends on contract renewal.