

# Taking Care of Your Diabetes



**PRESBYTERIAN**  
Presbyterian Health Plan, Inc.  
Presbyterian Insurance Company, Inc.

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 vary if you have other health conditions or if your blood sugar is often too high or low. Always follow your provider's guidance.

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<ul style="list-style-type: none"><li>– The A1c shows your average blood sugar level over the past three months</li></ul></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<ul style="list-style-type: none"><li>– Limit drinks with caffeine and sugar</li></ul></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 and how to take your medications</li><li>• Home delivery of medications will save you a trip to the pharmacy and provide a 90-day supply</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>

## Screening for Diabetes

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

	Type of Screening	Frequency
A1c	Blood test	At least two times a year
Blood Pressure	Blood pressure check	At least four times a year
Cholesterol	Blood test	Once a year
Eyes	Eye exam	Once a year
Feet	Foot exam	Once a year
Kidney	Urine test and blood test	At least once a year

## Presbyterian Health Plan Member Resources

### Health Education Tools and Resources at myPRES MEMBERConnect

You can find topics, videos, tools and more on our secure member portal at [www.phs.org/myPRES](http://www.phs.org/myPRES). To create your own account, go to [www.phs.org/myPRES](http://www.phs.org/myPRES), select **Register Account**, and fill out the required details, like your contact information and creating a username and password.

### Care Coordination and Coaching

Support from local staff who help arrange your care and help improve health outcomes: (505) 923-8858 or 1-866-672-1242.

### Presbyterian Customer Service Center

Our local customer service is here to help you with questions about your plan, help with choosing a provider, to plan a visit and more. For hours and phone numbers, see the back of your Presbyterian member ID card.

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Information adapted from CDC Take Charge of Your Diabetes.

Retrieved from: [https://stacks.cdc.gov/view/cdc/152777/cdc\\_152777\\_DS1.pdf](https://stacks.cdc.gov/view/cdc/152777/cdc_152777_DS1.pdf).

Such services are funded in part with the State of New Mexico.

Based on a Model of Care review, Presbyterian Dual Plus (HMO D-SNP) has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) through 2025.

Presbyterian exists to ensure all of the patients, members and communities we serve can achieve their best health.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711).

ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłtí'go Díí baa akó nínízin: Díí saad bee yáníłtí'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíłłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

For more information, visit <https://www.phs.org/nondiscrimination>.