

# 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 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 – 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 drinks with caffeine and sugar</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>• 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>  |

## Presbyterian Health Plan Member Resources



### Health Education Tools

Online tools on our secure member portal at [www.phs.org/myPRES](http://www.phs.org/myPRES)

### 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

### PresRN

Our local, 24/7 nurse advice line

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

### The Tobacco Quit Line

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

### Presbyterian Customer Service Center

Call us for questions about your plan, help with choosing a provider or to plan a visit.

- Medicaid: (505) 923-5200 or 1-888-977-2333
- Presbyterian Dual Plus (HMO D-SNP): (505) 923-7675 or 1-855-465-7737
- Presbyterian Senior Care (HMO/HMO-POS), Presbyterian UltraFlex (HMO-POS), and Presbyterian MediCare PPO: (505) 923-6060 or 1-800-797-5343
- Commercial: Refer to the number on the back of your Presbyterian ID card



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

# 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.

## A1c

Type of Screening:  
Blood test



Frequency:  
At least two times a year

## Blood Pressure

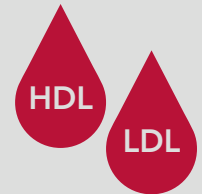
Type of Screening:  
Blood pressure check



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: <https://www.cdc.gov/diabetes/library/factsheets.html>.

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 yáníłti'go Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, kojí' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711). For more information, visit <https://www.phs.org/pages/nondiscrimination.aspx>.