



High quality and affordable health care coverage

**866-237-3210**

800-662-1220 (TTY/TDD)

Hours are 7 days a week from 8:00 am to 8:00 pm.

Note: From April 1 to September 30, we may use alternate technologies on Weekends and Federal holidays.

[agewellnewyork.com](http://agewellnewyork.com)

Connect with us on Facebook and interact with AgeWell New York.



## DIABETES AWARENESS, CARE AND MANAGEMENT

Diabetes is a chronic disease that affects how your body turns sugar (or glucose) into energy. When you eat, food is broken down into sugar then released into your bloodstream. Your pancreas converts the blood sugar into energy through a hormone called insulin. With diabetes, your body is either unable to make enough insulin or unable to use the insulin it produces.

Diabetes management includes lifestyle changes, daily routines and devices and equipment to monitor blood glucose levels.

Enclosed you will find information related to diabetes awareness, management and care.

If you have any questions please contact Member Services and ask to speak to a Care Manager or Wellness Coach. Member Services can be reached at 1-866-237-3210.

(TTY/TDD users should call 1-800-662-1220). Hours are 7 days a week from 8:00 am to 8:00 pm. Note: From April 1 to September 30, we may use alternative technologies on weekends and Federal holidays.

### Complications, Risks and Prevention

*“People with diabetes are 2 to 4 times likely to develop heart disease or have a stroke”.*

#### HEART DISEASE/STROKE

The risk of heart disease/stroke is highest in people who:	Prevention plan should include:
Have a family history	Visits with Cardiologist
Have high cholesterol	Lowering blood pressure
Have high blood pressure	Lowering cholesterol



#### Did You Know?

30.3 million US adults have diabetes, and 1 in 4 are unaware they have it. Diabetes can lead to complications if not treated.

#### This may include:

- Heart disease
- Stroke
- Kidney disease
- Blindness
- Amputation of feet or legs



**LIVE AND AGE HEALTHY AND HAPPY IN NEW YORK**

***“About 10% to 21% of people with diabetes develop kidney disease”.***

**KIDNEY DISEASE**

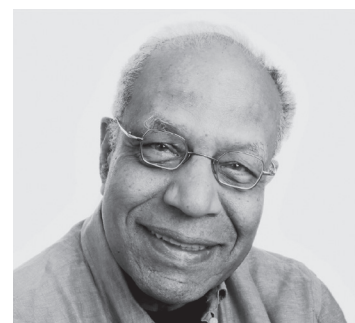
The risk of kidney disease is highest in people who:	Prevention plan should include:
Are African American, Mexican, or Native American	Urine test for protein (microalbumin)
Have poor glucose control	Blood glucose control
Have high blood pressure	Lowering blood pressure
	Visit with Nephrologist



***“Up to 21% of people with diabetes develop eye-related complications that may lead to blindness”.***

**BLINDNESS**

The risk of blindness is highest in people who:	Prevention plan should include:
Have poor glucose control	An annual dilated eye exam by an eye doctor
Have high blood pressure	Blood glucose control
	Lowering blood pressure



**WHAT CAN YOU DO TO PREVENT THE COMPLICATIONS OF DIABETES?**

**Daily Checklist:**

- Monitor blood sugars
- Maintain healthy diet
- Exercise
- Take medications as prescribed
- Don't smoke or chew tobacco
- Maintain good oral hygiene
- Examine feet daily
- Count carbohydrates
- Report signs of infection to your doctor right away



***“About 60% of people with diabetes in the United States have had a lower-limb amputation; 85% of those people had a foot ulcer before the amputation”.***

## FOOT ULCERS / AMPUTATION

The risk of foot ulcers is highest in people who:	Prevention plan should include:
Had diabetes for more than 10 years	Annual foot exam
Are male	Visit with Podiatrist
Have poor glucose control	Daily foot care and use of proper footwear
Have complications of the heart, eye, or kidney	Blood glucose (A1C) control
	Smoking cessation or prevention



*Having a foot care program can reduce the risks of amputation by 44% to 85%.*

## REDUCE YOUR RISK OF COMPLICATIONS

The key to lowering the risk of complications is through the **ABCs of Diabetes**, A1C, blood pressure, and cholesterol.

**A1C test.** This test measures your average blood glucose levels (sugars) over a 3-month span. Your doctor should test your A1C at least twice a year. If your A1C levels are 8% or more, your A1C should be tested every 3 months.

**Goal: A1C result of 7% or less**

**Blood pressure.** This measures how hard your heart works to keep your blood flowing. Your doctor should check your blood pressure at every visit.

**Goal: Maintain blood pressure below 130/80**

**Cholesterol.** This measures the good (HDL) and bad (LDL) fat found in your blood. The goal is to keep LDL below 100 and HDL above 40 (more than 40 for men and more than 50 for women). Your doctor should check your cholesterol levels at least once a year.

**Goal: LDL below 100  
HDL above 40 (for men)  
HDL above 50 (for women)**

# ABCs

# SCREENING / TEST CHECKLIST

A1C checked at least every 3-6 months

Date:

Results:

Date:

Results:



Have a physical at least once a year

Date:

Results:

Cholesterol checked at least once a year

Date:

Results:

Dilated eye exam once a year

Date:

Results:

Urine Protein test once a year (microalbumin)

Date:

Results:

Foot exam once a year

Date:

Results:

Flu vaccine every year

Date:

Results:

## Eat a healthy diet and maintain a healthy weight.

- Eat more vegetables and fruits and less candy and sweets.
- Drink more water and less sugary drinks.
- Cook more meals at home.

## Exercise for at least 30 minutes a day.

- You can break up the 30 minutes of exercise during the day.
- Engage in aerobics or strength training activities (for example walking or gardening).

## See Your Doctors Regularly.

- Check your A1C, blood pressure and cholesterol.
- Test your urine for signs of kidney disease.
- Check your foot for tenderness and/or sores.
- Check your eyes once a year.
- Address any questions or concerns you may have.



# 3

## DIABETES MYTH BUSTERS

✗ MYTHS

FACTS ✓

### Myth #1: People with diabetes can't eat sugar.

**Fact:** People with diabetes can eat sugar in moderation. The amount of sugar in a diet plan varies by person and the medications taken.

### Myth #2: Obesity causes diabetes.

**Fact:** The risk of diabetes may be higher with excessive weight, but not all overweight people have diabetes. There are other factors such as genes that can cause diabetes.

### Myth #3: It's not safe for people with diabetes to exercise.

**Fact:** Diabetes does not cause physical limitations. To maintain healthy blood sugar levels, physical activity should be balanced with medicine and carbohydrate intake.

## Talk to Your Doctor!

### Diabetic Friendly Recipe

#### Avocado Taco Ingredients:

- 1 Medium onion, cut into thin strips
- 2 Large green peppers, cut into thin strips
- 2 Large red peppers, cut into thin strips
- 1 Cup fresh cilantro, finely chopped
- 1 Ripe avocado, peeled and seeded, cut into 12 slices
- 1½ Cups fresh tomato salsa (see below)
- 12 Flour tortillas Vegetable cooking spray

#### Fresh Tomato Salsa Ingredients:

- 1 Cup tomatoes, diced cup onions, diced
- ½ Clove garlic, minced
- 2 tsp. Cilantro
- 1/3 tsp. Jalapeño peppers, chopped
- ½ tsp. Lime juice pinch of cumin

#### Directions:

- Mix together all salsa ingredients and refrigerate in advance.
- Coat skillet with vegetable spray.
- Lightly sauté onion and green and red peppers.
- Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.





1991 Marcus Avenue, Suite M201  
Lake Success, NY 11042-2057

*High quality and affordable  
health care coverage*

**866-237-3210**

**800-662-1220 (TTY/TDD)**

Hours are 7 days a week from 8:00 am to 8:00 pm.

Note: From April 1 to September 30, we may use alternate technologies on Weekends and Federal holidays.

**agewellnewyork.com**



Find us on  
**Facebook**

Presort Standard  
U.S. Postage  
PAID  
Hicksville, NY  
Permit No. 885

AgeWell New York, LLC is a Health Maintenance Organization (HMO) plan with a Medicare contract and a Coordination of Benefits Agreement with New York State Department of Health. Enrollment in AgeWell New York, LLC depends on contract renewal. ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1-866-237-3210 (TTY/TDD: 1-800-662-1220). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-237-3210 (TTY/TDD: 1-800-662-1220). Assistance services for other languages are also available free of charge at the number above.

### **Notice of Non-Discrimination**

AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AgeWell New York does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. AgeWell New York provides free aids and services to people with disabilities to communicate effectively with us, such as:

Qualified sign language interpreters

Written information in other formats (large print, audio, accessible electronic formats, other formats)

Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages

If you need these services, contact AgeWell New York Member Services at 1-866-237-3210.

If you believe that AgeWell New York has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

AgeWell New York  
**Civil Rights Coordination Unit**  
1991 Marcus Avenue Suite M201  
Lake Success, New York 11042-2057  
1-866-237-3210  
TTY/TDD: 1-800-662-1220  
Fax: 855-895-0778

Email: [civilrightsunit@agewellnewyork.com](mailto:civilrightsunit@agewellnewyork.com)

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordination Unit is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, TTY/TDD: 1-800-537-7697. Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.