

DIABETES

Also Known As “SUGAR”



When you have diabetes, your body can not use the food you eat for energy because your body does not make enough insulin. When you eat, your body breaks food down into a form of sugar to give your body energy. This sugar is called glucose. Insulin helps the glucose get into your body's cells for energy.

Diabetic Education

Most hospitals have diabetic classes to help you learn about your diabetes. The more you know the better you can take care of yourself. The classes are **FREE**. Ask your doctor office to call in with their approval for you to attend the classes. You can call UnitedHealthcare Community Plan to find out where these classes are in your area.

Medicines and Supplies for Diabetes

UnitedHealthcare Community Plan pays for all of your diabetic medicines and supplies. UnitedHealthcare Community Plan pays for:

- Insulin
- Non-experimental medicines for controlling your blood sugar
- Medicines that are used to treat foot infections or other medical conditions of your feet, ankles or nails associated with diabetes
- Blood glucose monitors
- Test strips for glucose monitors, visual reading and urine test strips. Lancets and spring-powered lancet devices
- Syringes
- Insulin pumps and medical supplies for the use of an insulin pump
- Other medical supplies are covered by UnitedHealthcare Community Plan with a prescription from your doctor, call Customer Service for medical supply companies that work with UnitedHealthcare Community Plan

DEPRESSION happens when you feel sad or down much of the time.

Signs and symptoms of Depression may be that you feel sad, blue or depressed for 2 weeks or more. You may lose all interest or pleasure doing things that you used to enjoy or care about. You may lose or gain weight. You may have changes in your diet, exercise or sleep.

Treatment for Depression may include medicine or talk therapy.

You may be at risk for Depression if you have Diabetes. Some of the signs, symptoms and types of treatment for Diabetes may appear as Depression. The chance of Depression among all people is:

- 10%-25% for women
- 5%-12% for men

Depression among people with diabetes increases to 25% to 35%.

You may need to talk to a Mental Health Professional, if you are having:

- difficulty accepting your illness
- feeling a loss of control over your body or your life habits
- anger, sadness or other feelings like you are helpless or life is hopeless that do not go away

Depression is a *serious* medical and psychiatric condition. Depression may lead to suicidal thoughts or actions. Depression may make taking your medicine on time, eating and exercising right much harder for you. Please call Optum Behavioral Health to receive the right Mental Health Professional in your area at 1.800.903.5253. You do not need a referral from your doctor.

FREE DIABETIC SCREENINGS	
LAB TESTS	Diabetics need these tests done at least once a year. These lab tests include blood and urine samples. Blood sugar monitoring at home is a good way to keep an eye on your health. Ask your doctor about self blood sugar monitoring.
EYE EXAMS	Diabetics should have an eye exam every year. You can find a VSP eye doctor near you by calling 1-800-877-7195
FOOT EXAMS	Diabetics should have a foot exam yearly to check for open sores and proper blood flow to the feet and toes. Ask your doctor about foot exams and proper foot care.
EDUCATION	For more information call 1-800-903-5253

For more information on Diabetes, go to www.diabetes.org or call 1-800-342-2383 to contact the American Diabetes Association.