



Living with Diabetes

When it comes to managing your diabetes, there can be a lot to remember. Stay organized with this checklist of care recommendations from the American Diabetes Association.

RECOMMENDATIONS	MY GOAL	MY RESULTS
<p>Blood pressure (each visit) Maintaining a healthy blood pressure helps reduce your risk of stroke and protects your kidneys.</p>		
<p>BMI (yearly) Body mass index (BMI) is a calculation based on height and weight. Maintaining a healthy BMI decreases diabetes complications.</p>		
<p>Hemoglobin A1c (every 3–6 months) (An A1c of 7 equals an average blood glucose of 150 mg/dl.) This test shows how well your blood sugar has been controlled over the past 3 months. Lower your A1c to reduce diabetic complications.</p>		
RECOMMENDATIONS	DATE COMPLETED	MY RESULTS
<p>Dental exam (every 6 months) Regular dental exams reduce the risk of developing gum disease caused by elevated blood sugar levels and help you share your best smile.</p>		
<p>Dilated eye exam (yearly) You may be able to prevent blindness when you catch and treat eye damage early.</p>		
<p>Foot exam (doctor should evaluate at each visit) Daily self-exams also help you catch infections before they become serious.</p>		
<p>Kidney function (yearly) Treating kidney disease early may prevent the need for dialysis. Test urine for microalbumin and blood for serum creatinine, and ask if you should take medication to protect your kidneys.</p>		
<p>Flu vaccine (yearly) If you have diabetes, you have a higher risk of developing serious flu complications. Lower your risk by getting a flu vaccine.</p>		
<p>Other vaccines (including pneumonia, zoster, and Tdap) Zoster to protect against shingles and Tdap to prevent pertussis. Talk to your doctor about which vaccines you need.</p>		
<p>Don't smoke If you smoke, talk with your doctor about ways to quit.</p>		
<p>Cholesterol Talk to your doctor about testing and discuss using statin medication to reduce your risk for heart attacks and strokes.</p>		

Controlling your diabetes

Successfully manage your diabetes through diet, medication, exercise, and regular visits with your doctor.

Other items to discuss:

- Daily glucose levels
- Self-monitoring logbook
- Diabetes education classes
- Medications (side effects or problems taking them)
- Exercise
- Daily aspirin use
- Foot care (numbness, tingling, or other nerve pain)
- Stress management
- Alcohol use
- Nutrition
- Family support



We're here for you

Your health coach is here to help you make positive health and lifestyle changes to better manage your diabetes. Whether you have questions about your condition or need encouragement, call 1-877-878-8785 (TTY 711), option 2. Your health coach can also connect you with tools like the Wellframe® app to manage your diabetes on your own terms.

Get control of your diabetes and spend more time living life to its fullest!

Are you a smoker?

As a BlueCross BlueShield of Western New York member, you have access to Roswell Park Cessation Services, a free and confidential service that provides educational materials, nicotine replacement therapy, and phone counseling to help you quit successfully.

Enroll online at rpcs.roswellpark.org or over the phone at 1-877-500-2393.

Feeling down?

Everyone feels sad now and then, but when the sadness lingers it could be a sign of depression. If you feel depressed or hopeless or have little interest or pleasure in doing things, call your doctor.

Talk with your health coach or visit bcbswny.com/healthandwellness to learn more about depression. For help finding a behavioral health provider, call 1-877-837-0814 (TTY 711).



BlueCross BlueShield of Western New York (BCBSWNY) is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association. Wellframe® is a separate company. BCBSWNY complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-544-2583 (TTY 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-544-2583 (TTY 711)。

15528_WNY_6_20