

Guide to gestational diabetes

Gestational diabetes is diabetes that can develop during pregnancy. It causes the body to collect extra sugar in the blood. If not controlled, it can cause health risks to both mother and baby.

Gestational diabetes can cause your baby to:

- Grow larger (more than 9 pounds), which can lead to problems during birth
- Have quickly changing blood sugar levels after birth, so they will need to be watched for low blood sugar and may need treatment
- Be more likely to become overweight, obese, or develop type 2 diabetes
- Be more likely to have trouble breathing after birth and need oxygen

Gestational diabetes can cause you to:

- Develop pre-eclampsia or high blood pressure
- Develop type 2 diabetes later in life
- Take longer to recover
- Have problems during birth
- Have a larger baby that may require a C-section

Even if you have gestational diabetes, it doesn't mean these problems will happen. You can control gestational diabetes with the right approach. Your doctor and Humana can help.

Resources and programs

Humana Healthy Horizons® is here to support you before, during and after pregnancy. We offer helpful resources to our new and expecting moms.



To learn more about and enroll in our HumanaBeginnings® program call **1-844-881-4482 (TTY: 711)**, Monday – Friday, 8 a.m. – 8 p.m., Eastern time, (Self-service and voicemail options are available after normal business hours, weekends, and holidays.) or visit **[Humana.com/VirginiaMoms](https://www.humana.com/VirginiaMoms)**.

Humana Healthy Horizons® in Virginia

Keep yourself and your baby healthy

- Ask your healthcare provider about your treatment plan.
- Eat healthy foods and stay active.
 - Work with a dietician or diabetes educator to develop a meal plan to help keep your blood sugar under control.
 - Follow your doctor's guidance for frequent exercise.
- Monitor your blood sugar often.
 - Your blood sugar can become too high or too low very quickly. What you eat, how you exercise and your growing baby's needs will affect your blood sugar.
 - Control and treat low or high blood sugar quickly (see symptom checker and treatment).
- See your doctor before, during and after birth. You may need to see your doctor more often because of the diabetes.
- Take your medicine as directed.

Monitor your blood sugar

The American College of Obstetricians and Gynecologists (ACOG) says you should try to keep your blood sugar below these levels:

	ACOG recommendations	The levels my doctor recommends
Before meals	95 mg/dL or lower	
1 hour after eating	130 mg/dL or lower	
2 hours after eating	120 mg/dL or lower	

Blood sugar is measured in milligrams/deciliter (mg/dL)

Your doctor might recommend different blood sugar levels. Ask your doctor to write in the chart above the levels you should have.

Diabetes logbook: week of _____

Circle any blood sugar result that is above or below your target. Add comments on diet, exercise, illness or stress. Copy the chart as many times as you need it to keep track of your blood sugar.

Date	Breakfast		Lunch		Dinner		Bedtime	Other	Medicines you take
	Before	After	Before	After	Before	After			
Time									
Blood sugar readings									
Comments*									

* Comments: Report anything that might have made a change in your blood sugar. For example: meals and comments about food (1/2 cup of rice = ↑blood sugar); exercise (walk fast x 30 min); illness (fever and sore throat); or stress (concern about husband getting laid off). Symptom checker and treatment

Symptom checker and treatment

Low blood sugar can cause:

- Headaches
- Weakness
- Confusion

It can also make you feel:

- Anxious or cranky
- Dizzy or shaky
- Hungry
- Sweaty
- Like your heart is beating too fast

If you notice any of these signs or symptoms, check your blood sugar as soon as you can. Your blood sugar is low when the numbers are 70 milligrams/deciliter (mg/dL) or less. Low blood sugar is called hypoglycemia.

If your blood sugar is low, eat or drink a source of quick sugar. That could be something like a piece of hard candy or 4 ounces of fruit juice, skim milk, or a soft drink (not diet). Check your blood sugar again after 15 minutes. If it's not better, eat or drink a source of quick sugar again. When you feel better, have a high-protein snack like cheese and crackers or half a peanut butter sandwich. Talk with your doctor if you have two or more low blood sugar episodes during a week.

High blood sugar can cause:

- Blurred vision
- Difficulty paying attention
- Headaches
- Yeast infections

Your blood sugar is high when the numbers are 130 mg/dL or higher. High blood sugar is also called hyperglycemia.

Talk with your doctor if you notice any of these signs or symptoms.

Call your doctor if your blood sugar is greater than _____
(Ask your doctor to write the levels)

My doctor's name: _____

Phone number: _____

Questions for my doctor: _____

After you give birth it's important to keep seeing your doctor. They can help you control your blood sugar.

Consider breastfeeding to reduce your risk of diabetes later in life.

Notice of Availability - Auxiliary Aids and Services Notice

English: Free language, auxiliary aid, and alternate format services are available. Call **844-881-4482 (TTY: 711)**.

العربية [Arabic]: تتوفر خدمات اللغة والمساعدة الإضافية والتنسيق البديل مجانًا. اتصل على الرقم **844-881-4482 (الهاتف النصي: 711)**.

Հայերեն [Armenian]: Հասանելի են անվճար լեզվական, աջակցման և այլընտրանքային ձևաչափի ծառայություններ: Չանգահարե՛ք՝ **844-881-4482 (TTY: 711)**:

বাংলা [Bengali]: বিনামূল্যে ভাষা, আনুষঙ্গিক সহায়তা, এবং বিকল্প বিন্যাসে পরিষেবা উপলব্ধ। ফোন করুন **844-881-4482 (TTY: 711)** নম্বরে।

简体中文 [Simplified Chinese]: 我们可提供免费的语言、辅助设备以及其他格式版本服务。请致电 **844-881-4482 (听障专线: 711)**。

繁體中文 [Traditional Chinese]: 我們可提供免費的語言、輔助設備以及其他格式版本服務。請致電 **844-881-4482 (聽障專線: 711)**。

Kreyòl Ayisyen [Haitian Creole]: Lang gratis, èd oksilyè, ak lòt fòm sèvis disponib. Rele **844-881-4482 (TTY: 711)**.

Hrvatski [Croatian]: Dostupni su besplatni jezik, dodatna pomoć i usluge alternativnog formata. Nazovite **844-881-4482 (TTY: 711)**.

فارسی [Farsi]: خدمات زبان رایگان، کمک های اضافی و فرمت های جایگزین در دسترس است. با **844-881-4482 (TTY: 711)** تماس بگیرید.

Français [French]: Des services gratuits linguistiques, d'aide auxiliaire et de mise au format sont disponibles. Appeler le **844-881-4482 (TTY: 711)**.

Deutsch [German]: Es stehen kostenlose unterstützende Hilfs- und Sprachdienste sowie alternative Dokumentformate zur Verfügung. Telefon: **844-881-4482 (TTY: 711)**.

Ελληνικά [Greek]: Διατίθενται δωρεάν γλωσσικές υπηρεσίες, βοηθήματα και υπηρεσίες σε εναλλακτικές προσβάσιμες μορφές. Καλέστε στο **844-881-4482 (TTY: 711)**.

ગુજરાતી [Gujarati]: નિ:શુલ્ક ભાષા, સહાયક સહાય અને વૈકલ્પિક ફોર્મેટ સેવાઓ ઉપલબ્ધ છે. **844-881-4482 (TTY: 711)** પર કોલ કરો.

עברית [Hebrew]: שירותים אלה זמינים בחינם: שירותי תרגום, אביזרי עזר וטקסטים בפורמטים חלופיים. נא התקשר למספר **844-881-4482 (TTY: 711)**.

हिन्दी [Hindi]: नि:शुल्क भाषा, सहायक मदद और वैकल्पिक प्रारूप सेवाएं उपलब्ध हैं। **844-881-4482 (TTY: 711)** पर कॉल करें।

Hmoob [Hmong]: Muaj kev pab txhais lus, pab kom hnov suab, thiab lwm tus qauv pab cuam. Hu **844-881-4482 (TTY: 711)**.

Italiano [Italian]: Sono disponibili servizi gratuiti di supporto linguistico, assistenza ausiliaria e formati alternativi. Chiama il numero **844-881-4482 (TTY: 711)**.

This notice is available at **Humana.com/VirginiaDocuments**.

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日本語 [Japanese]: 言語支援サービス、補助支援サービス、代替形式サービスを無料でご利用いただけます。**844-881-4482 (TTY: 711)** までお電話ください。

ភាសាខ្មែរ [Khmer]: សេវាកម្មផ្នែកភាសា ជំនួយ និង សេវាកម្មជំនួយប្រុងប្រយ័ត្នសម្រាប់អ្នកប្រើប្រាស់។ ទូរសព្ទទៅលេខ **844-881-4482 (TTY: 711)**។

한국어 [Korean]: 무료 언어, 보조 지원 및 대체 형식 서비스를 이용하실 수 있습니다.
844-881-4482 (TTY: 711) 번으로 문의하십시오.

ພາສາລາວ [Lao]: ມີການບໍລິການດ້ານພາສາ, ຊ່ວຍເຫຼືອຊ່ວຍເຫຼືອ ແລະ ຮູບແບບທາງເລືອກອື່ນໃຫ້ໃຊ້ພຣີ.
ໂທ **844-881-4482 (TTY: 711)**.

Diné [Navajo]: Saad t'áá jiik'eh, t'áadoole'é binahjì' bee adahodooníłgígíí diné bich'í' anídahazt'i'í, dóó łahgo át'éego bee hada'dilyaaígíí bee bika'aanída'awo'í dahóló. Kohjì' hodíilnih **844-881-4482 (TTY: 711)**.

Polski [Polish]: Dostępne są bezpłatne usługi językowe, pomocnicze i alternatywne formaty. Zadzwoń pod numer **844-881-4482 (TTY: 711)**.

Português [Portuguese]: Estão disponíveis serviços gratuitos de ajuda linguística auxiliar e outros formatos alternativos. Ligue **844-881-4482 (TTY: 711)**.

ਪੰਜਾਬੀ [Punjabi]: ਮੁਫ਼ਤ ਭਾਸ਼ਾ, ਸਹਾਇਕ ਸਹਾਇਤਾ, ਅਤੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। **844-881-4482 (TTY: 711)** 'ਤੇ ਕਾਲ ਕਰੋ।

Русский [Russian]: Предоставляются бесплатные услуги языковой поддержки, вспомогательные средства и материалы в альтернативных форматах. Звоните по номеру **844-881-4482 (TTY: 711)**.

Español [Spanish]: Los servicios gratuitos de asistencia lingüística, ayuda auxiliar y servicios en otro formato están disponibles. Llame al **844-881-4482 (TTY: 711)**.

Tagalog [Tagalog]: Magagamit ang mga libreng serbisyong pangwika, serbisyo o device na pantulong, at kapalit na format. Tumawag sa **844-881-4482 (TTY: 711)**.

தமிழ் [Tamil]: இலவச மொழி, துணை உதவி மற்றும் மாற்று வடிவ சேவைகள் உள்ளன. **844-881-4482 (TTY: 711)** ஐ அழைக்கவும்.

తెలుగు [Telugu]: ఉచిత భాష, సహాయక మద్దతు, మరియు ప్రత్యామ్నాయ ఫార్మాట్ సేవలు అందుబాటులో గలవు. **844-881-4482 (TTY: 711)** కి కాల్ చేయండి.

اردو [Urdu]: مفت زبان، معاون امداد، اور متبادل فارمیٹ کی خدمات دستیاب ہیں۔ کال **844-881-4482 (TTY: 711)**۔

Tiếng Việt [Vietnamese]: Có sẵn các dịch vụ miễn phí về ngôn ngữ, hỗ trợ bổ sung và định dạng thay thế. Hãy gọi **844-881-4482 (TTY: 711)**.

አማርኛ [Amharic]: ቋንቋ፣ አገዥ ማዳመጫ እና አማራጭ ቅርፅ ለላቸው አገልግሎቶችዎ ይገኛሉ። በ **844-881-4482 (TTY: 711)** ላይ ይደውሉ።

Bàsà [Bassa]: Wuḍu-xwíníín-mú-zà-zà kùà, Hwòdǒ-fónó-nyo, kè nyo-boŭn-po-kà bě bé nyuεε se wídí p'éè-p'éè dǒ ko. **844-881-4482 (TTY: 711)** dá.

Bekee [Igbo]: Asụsụ n'efu, enyemaka nkwarụ, na ọrụ usoro ndị ọzọ dị. Kpọọ **844-881-4482 (TTY: 711)**.

Òyìnbó [Yoruba]: Àwọn isẹ àtilẹhin ìrànlowọ èdè, àti ọ̀nà kíkà mírán wà lárọ̀wọ̀tó. Pe **844-881-4482 (TTY: 711)**.

नेपाली [Nepali]: भाषासम्बन्धी निःशुल्क, सहायक साधन र वैकल्पिक फार्मेट (ढाँचा/व्यवस्था) सेवाहरू उपलब्ध छन् । **844-881-4482 (TTY: 711)** मा कल गर्नुहोस् ।