

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 **1-800-448-3810 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m., or visit **[Humana.com/LouisianaMoms](https://www.humana.com/LouisianaMoms)**.

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.

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- 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

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.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-448-3810 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 7 p.m. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **1-800-448-3810** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 1-800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Louisiana is a Medicaid Product of Humana Benefit Plan of Louisiana, Inc.

Language assistance services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردُو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี