



Managing diabetes

Learning about diabetes may help you manage it better. Keep reading to learn about things you can do that may help you control your diabetes.

See your healthcare provider regularly

When you have diabetes, you should see your healthcare provider regularly—even if you are feeling good. Keep a record of your blood sugar levels and share with your provider. Also, ask your provider any questions you may have about your treatment plan.

At each visit, your healthcare provider should check your:

- Blood pressure
- Weight
- Feet¹

You should also review your treatment plan with your healthcare provider.

The buildup of glucose (sugar) in the blood damages the lining of the blood vessels, causing narrowing of the vessels from plaque (fatty material), so blood doesn't move as freely.¹

To reduce your risk of diabetes-related complications, you should get the following exams at least once a year:²

- **Retinal or dilated eye exam:** This helps find glaucoma, cataracts, diabetic retinopathy and other eye conditions.
- **HbA1c test:** This is a simple blood test to measure your blood sugar over a three-month period. Your healthcare provider may check it more often if it is too high.
- **Cholesterol profile test:** This measures cholesterol (including total cholesterol, HDL and LDL) and triglycerides in your blood.
- **Kidney test:** A urine test to check for a protein called albumin can find kidney disease or nephropathy. Your healthcare provider may also have you take a blood test to check your glomerular filtration rate, which tells how well your kidneys are filtering.
- **Dental exam:** It's important to have a dental exam every 6-12 months. Be sure to tell your dentist that you have diabetes.²

You should also have an annual flu vaccine. Talk to your healthcare provider about whether you need a pneumonia vaccine.³

Be sure to monitor your blood sugar levels and take your medications as prescribed by your healthcare provider.

Other ways to help manage your diabetes

An important part of managing diabetes may be making some healthy lifestyle changes.

These changes may include:



Reaching and/or keeping a healthy body weight³



Eating a healthy diet with nutritious foods like fruits, vegetables and whole grains, and fewer animal products, refined carbohydrates and sweets. Avoid skipping meals, and cut back on salt and alcohol⁴



Staying active to help manage your blood sugar levels and body weight⁴



Managing stress and getting the right amount of sleep⁴



Avoiding or quitting smoking³



Your doctor or healthcare provider may also prescribe an oral medicine and/or insulin. Be sure to take all your medicines as prescribed by your doctor or healthcare provider.

Humana Healthy Horizons offers health coaching to support your healthy lifestyle goals. Reach out to our care management team today at **866-432-0001 (TTY: 711)**. You can also fill out a Health Risk Assessment (HRA) on the **MyHumana** app. Simply sign in to the **MyHumana** app and fill out your HRA. If you have not yet accessed **MyHumana**, **activate it today on our website** or download the app on the **Apple App Store®** or on **Google Play®***.

Questions for your doctor:

Should I get a diabetes screening test?

What different tests are available?

What are the pros and cons of each test?

What can I do to lower my risk for diabetes? What are the symptoms of diabetes?

If I am diagnosed with diabetes, what are my treatment options?

*All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

Your diabetes checklist

Use this checklist provided by the National Institute of Diabetes and Digestive and Kidney Diseases to track your tests.³ Work with your doctor to figure out your target ranges, and record the date of your last exam and your results.

At every visit	Target goal	Date of last exam	Your results
Weight			
Blood pressure			
Foot exam			
Every 3-6 months	Target goal	Date of last exam	Your results
HbA1c			
At least once a year	Target goal	Date of last exam	Your results
Cholesterol profile			
Kidney test			
Complete foot exam			
Eye exam			
Dental exam			
Flu vaccine			

This document is for informational purposes only and does not replace treatment or advice from a healthcare professional. Talk to your doctor if you have any questions about your care, or before beginning an exercise program or making any changes to your diet.

Sources:

1. "Diabetes, Heart Disease, & Stroke," National Institute of Diabetes and Digestive and Kidney Diseases, last accessed Oct. 30, 2023, <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke>.
2. "Diabetes tests and checkups," National Library of Medicine, last accessed Oct. 30, 2023, <https://www.medlineplus.gov/ency/patientinstructions/000082.htm>.
3. "Managing Diabetes," Centers for Disease Control and Prevention, last accessed June 25, 2024, <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>.
4. "Diabetes management: How lifestyle, daily routine affect blood sugar," Mayo Clinic, last accessed Oct. 30, 2023, <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963>.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **866-432-0001 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. 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 **866-432-0001** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the
South Carolina Department of Health and Human Services, Civil Rights Division
1801 Main Street, P.O. Box 8206, Columbia, South Carolina 29202,
888-808-4238, TTY: 888-842-3620, civilrights@scdhhs.gov. Complaint form is available at https://www.scdhhs.gov/sites/default/files/SCDHHS%20Civil%20Rights%20Discrimination%20Complaint_0.pdf.
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

Auxiliary aids and services, free of charge, are available to you.
866-432-0001 (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 South Carolina is a Medicaid product of Humana Benefit Plan of South Carolina, Inc.

Language assistance services, free of charge, are available to you.
866-432-0001 (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.

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。

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

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

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

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

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

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

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.

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

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

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。

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

हिंदी (Hindi): भाषा सहायता सेवाएं मुफ्त में प्राप्त करने के लिए ऊपर के नंबर पर कॉल करें।

ខ្មែរ (Cambodian): ហៅមកលេខទូរស័ព្ទខាងលើ ដើម្បីទទួលបានសេវាកម្មបកប្រែភាសាដោយមិនអស់ប្រាក់ ។