

DIABETES

DISEASE MANAGEMENT NEWS



Managing diabetes on-the-go



It can be difficult to manage diabetes with a busy schedule. So, prioritizing meal planning is important. First, know how much time you have to plan and prepare meals—and be realistic.

Try to prepare meals in advance so that you do not have to worry about cooking on your busiest days. There are also many options to purchase precooked meals when time is limited—make sure to check the nutrition labels and match nutritional details with your goals.

Have you tried buying precooked proteins? There are so many options of chicken, beef and fish at most grocery stores. For fruit and vegetable ingredients, wash, chop and store for each day of the week. Or buy pre-washed and cut fruits, vegetables and salads to cut down on preparation time.

Finally, you don't have to give up foods you love. For example, if you love French fries, make changes, such as make them in an air fryer, eat them once a week and watch the portion size. Always talk with your provider and think about getting a referral to a registered dietitian.

Sources: American Diabetes Association [Diabetes.org/](https://www.diabetes.org/)
Mayo Clinic [Mayoclinic.org/](https://www.mayoclinic.org/)

An important note about TRICARE program information: At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended.

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VIRTUAL SUPPORT FROM YOUR DISEASE MANAGEMENT TEAM

We are glad to give you support with printed materials and expert disease management clinicians. However, we would also like to help you stay healthy through free virtual support, which we offer in three exciting ways:

Webinars: We offer live webinars via computer and phone. Our live webinars bring you up-to-date information about medical subjects from our clinical experts through presentations and audio. After the online session, you will have a chance to ask questions of the clinician. Getting signed up for a free Zoom session is easy. Visit [HumanaMilitary.com/dm](https://www.HumanaMilitary.com/dm) to make your reservation today.

Community groups: These live sessions, conducted by our clinical experts, give you the support you need to stay healthy. For beneficiaries struggling with diabetes or depression/anxiety disorder, signing up is easy. Visit the group meetings calendar at [HumanaMilitary.com/dm](https://www.HumanaMilitary.com/dm).

Web-based training: On our disease management website, you will find videos about your disease and how to control it effectively. Available to you 24/7, these digital resources give you the knowledge you need to stay focused on your health. Please visit [HumanaMilitary.com/dm](https://www.HumanaMilitary.com/dm) to access this information.

We hope you will take advantage of these exciting tools to help you achieve your health and wellness goals.

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Managing your health during colder months

While winter brings a lot of chances to get together with friends and family, it can also bring more opportunities for exposure to colds and infections. What if you or a loved one has diabetes, a respiratory condition, heart condition or multiple health concerns? Here are some tips to help you this season.

1. Prevent colds and infections.

It's good to remember the basics:

- Wash your hands frequently
- Sneeze into your elbow, not your hand—or even better, sneeze into a tissue and throw it away into the trash
- Eat as healthy as possible
- Get six to eight hours of sleep every night

2. Ask your provider about immunizations.

You may need to get the flu, COVID-19, RSV or pneumonia shot this season. Talk to your doctor about which vaccines you need because of age and health conditions. See what **immunizations TRICARE covers** (tricare.mil/immunizations).

3. Make a plan for working in the office.

Ask your employer if there are plans to prevent spreading colds in the work place. And how they will react if multiple people get sick. Consider wearing a mask if you are more susceptible to infection. Find out if you can work from home.

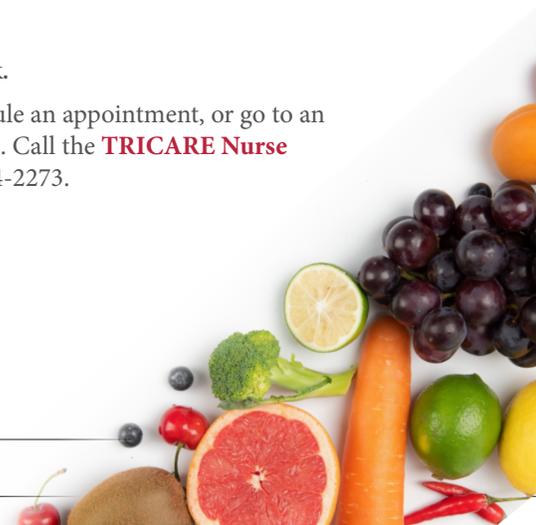
4. Take medication with care.

If you do get sick and need to take medication, watch out for these issues:

- Don't take too much acetaminophen. More than 3,000 or 4,000 mg can affect your liver.
- If you have a heart condition, talk with your provider about what are safe medications and what are not safe medications. Usually safe medications will state on the box safe for heart health or something similar. This may be beneficial to those with respiratory conditions as well.
- If the heart is working harder or stressed out, that can also put stress the lungs.
- Stay away from the medications ephedrine, pseudoephedrine, and those that are high in sodium, unless otherwise recommended by your provider. Reading labels isn't just for ingredients in our food but also for ingredients in medications.

5. Find care when sick.

If you do get sick, schedule an appointment, or go to an urgent care if after hours. Call the **TRICARE Nurse Advice Line** at (800) 874-2273.



FROM THE CLINICIAN



For Theresa, a disease management clinician, the dedication to beneficiaries leaves a lasting impression. Maria*, a beneficiary in the diabetes management program, started the program feeling stressed and overwhelmed with her health concerns.

“I hope you know that you impacted someone’s life, and it has made a big difference,” Maria wrote to Theresa. During their work together, Maria improved her blood sugar levels, lost weight and improved her quality of life. She decreased her medication and feels more empowered in her own healthcare. During their phone calls and follow-ups, Theresa provides Maria with helpful resources to support her journey. Maria is one of many beneficiaries who have benefited from the support of a clinician like Theresa. Clinicians work with beneficiaries not only on their health, but also to address each individual person’s concerns. Theresa took the time to listen and understand Maria’s needs, and in turn, Maria took her worries to her provider. As a team, they found a few changes she was ready to make to improve her diabetes, and to better understand her treatment.

**Story used with permission, and named changed to protect beneficiary’s privacy.*

FROM THE PATIENT



Maria* joined the Humana Military disease management program for diabetes after she struggled to manage her blood sugar and was also overweight. She was feeling quite stressed about her health status.

“I wanted to improve my health,” she said. “I felt this program could truly benefit me, and let me continue to do things I enjoy.”

When she started the program, Maria had a Body Mass Index (BMI) of 35 and was on several medications for diabetes. Her blood pressure was elevated, and her A1C and blood sugars were as well.

Maria was interested in getting a continuous blood glucose monitor to help in managing her diabetes, and was able to get one early on in the program. Because of this technology, she no longer needed to check her blood sugar regularly, and she saw how her body reacted to what she ate. She adjusted her dietary habits and gained some control over her blood sugar and health.

Since Maria was also interested in losing weight, Theresa, Maria’s clinician in the disease management program, was able to schedule a bariatric surgery consult. This helped Theresa in her weight loss efforts, and she is down 33 pounds. She is walking and riding her bike daily. She eats several healthy small meals a day, and drinks two liters of water. Maria is down to only taking two medications, her blood pressure is within a normal range and her blood sugar has improved. She said, “I feel empowered, happy and motivated to continue.”

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For more information on our disease management programs, visit [HumanaMilitary.com/dm](https://www.humanamilitary.com/dm)

HAVE A SUCCESS STORY?

Are you in the diabetes disease management program and improved your health? Did you learn to manage your condition better? We want to hear your story! Tell your clinician you want to share your story, and they will pass it on so we can share with others.

PHYSICIAN'S PERSPECTIVE

Diabetes is a chronic disease and not something you would choose to have, but you can learn to live with it! Find **resources** (humanamilitary.com/dm) from our site as well as from the **Centers for Disease Control (CDC)** (cdc.gov/diabetes) to help you manage your blood sugar. Be sure to go to your medical appointments prepared, by taking a record of your blood sugars, list of medications, food and exercise logs and any questions.

Making changes in your life to manage diabetes can be overwhelming. Make small changes first to help normalize blood sugars and to prevent complications. Make a goal, such as take a 20 minute walk after dinner every day, try a new vegetable each week or have a meatless meal on Mondays.

Track your progress, and as you meet your goals, reward yourself. Then make a new goal. Old habits die hard, so don't be discouraged. You are not seeking perfection, but consistency. This, along with time, are key to creating lasting change. The positive changes you make will also improve other chronic conditions such as high blood pressure, kidney disease or heart disease.

And, don't forget your vaccines! While most people know about COVID and flu vaccines, there is a new immunization to protect older adults and infants from Respiratory Syncytial Virus (RSV), a common respiratory virus that usually causes mild, cold-like symptoms. Receiving some or all of these immunizations will prevent serious illness, hospitalization or both. These illnesses also lead to absences from school and work. Discuss with your provider which vaccines are best for you.

Connie Lorenzo MD,
FAAPMR, CPC-A
Medical Director



OVEN CRUSTED CHICKEN BREAST

Prep time: 20 minutes
Cook time: 20 minutes
Yield: 4 servings
Serving size: 3 oz chicken breast, 1 C salad

A healthy way to fry chicken

Ingredients for chicken:

4 boneless, skinless chicken breasts (3 oz each)
 1 egg white (or substitute liquid egg white)
 1 C fat-free evaporated milk
 1 C breadcrumbs
 ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
 1 C whole-wheat flour
 2 Tbsp olive oil or vegetable oil

Ingredients for salad:

2 Tbsp lemon juice
 ½ Tbsp olive oil
 4 C red leaf lettuce, rinsed and dried
 1 C cherry tomatoes, rinsed and halved
 ¼ tsp salt
 ¼ tsp ground black pepper

Nutritional information (per serving):

Calories	264
Total fat	11 g
Protein	24 g
Cholesterol	49 mg
Potassium	553 mg
Carbohydrates	18 g
Saturated fat	2 g
Total fiber	3 g
Sodium	263 mg
<i>Percent daily values are based on a 2,000 calorie diet.</i>	

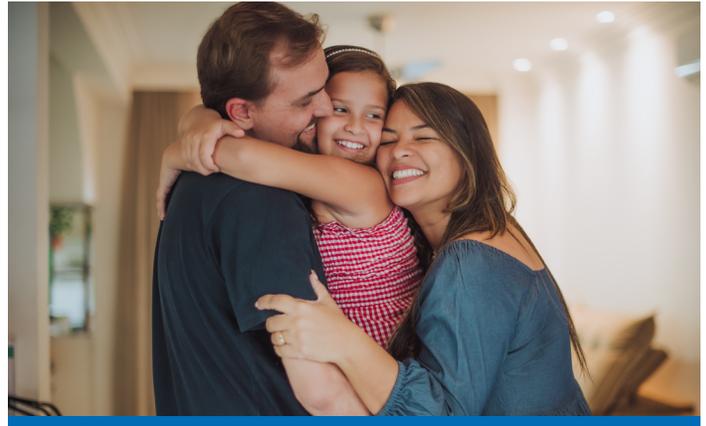


Directions:

1. Preheat oven to 350 °F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
3. Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
4. Coat the chicken breasts in flour, and shake off the excess. Dip the chicken breasts in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
5. Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2–3 minutes. Turn carefully, and pan fry the second side for an additional 2–3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350 °F oven for about 5–8 minutes (to a minimum internal temperature of 165 °F).
6. For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt and pepper.
7. Serve 1 cup of salad with one piece of chicken.

Tip: Try serving with a side of oven-roasted potatoes.

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Care management program

- Toll-free phone number: **(800) 881-9227**
- Find information on the My health page [HumanaMilitary.com/myaccess](https://www.humanamilitary.com/myaccess)

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Resources



You are taking care of yourself. You scheduled your visit with your provider, and now they have given you a new diagnosis of diabetes. Or maybe you have been managing your diabetes for years, and all of a sudden, it's flaring up. Maybe you are starting new medication or maybe you have been taking medication for a while. Perhaps you want to know what else is out there to help manage your diabetes?

Humana Military is here to help! First, there are online resources you can use to manage your health. Go to [HumanaMilitary.com/dm](https://www.humanamilitary.com/dm).

Did you also know you can call Humana Military at (800) 881-9227 and ask to work with a disease management clinician for diabetes? They can help you to set up some health goals to better manage your condition.

Don't forget to routinely check in with your provider, and take all medications as instructed. Look forward to a healthier you and keeping your diabetes under control!

