

DIABETES

DISEASE MANAGEMENT NEWS



Diabetes Management



We all know diabetes is more than just changes in blood sugar levels. If you aren't careful, other health issues can arise. How do you manage your diabetes to stay well?

Monitor blood sugar levels: Talk to your provider about how often to check your blood sugar and what is an ideal range. Find out what a high number would be. Remember to ask the provider how often to check A1c levels.

Review nutrition habits: A provider or a Registered Dietician (RD) can teach you about reading food labels and getting proper nutrients. They can also help you quit nicotine, which leads to better management of diabetes. Check out [TRICARE's resources on quitting](https://www.tricare.mil/HealthWellness/Tobacco) (tricare.mil/HealthWellness/Tobacco).

Blood pressure: Your provider can suggest how often to check your blood pressure and what range it should be, usually around 120/80 or less. Staying away from excess sodium can really help keep blood pressure down.

Get active: The more active you are, the more it will help to keep diabetes under control. If you haven't been active recently, work with your provider on the best way to gently increase your activity level.

Diabetes can be affected by a lot of things: nutrition, activity level, and more. It's a good idea to keep up with regular doctor's visits to track your progress.

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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TIPS FOR MAKING HEALTHY CHANGES

Change can be hard, even if you really want to improve your health. To help you successfully achieve your goals, it is important to keep a few things at top of mind.

COMMIT

Know what your goal is and make a promise to yourself to meet it.

CHOOSE A STARTING POINT

Ask yourself questions to figure out your first goal. For example, how many days are you currently active? How many sodas do you drink each day? How many cigarettes do you smoke a day?

SET REALISTIC GOALS

Start with a small goal. Ensure it's specific and measurable. For example, "I will walk for 15 minutes every day." "I will reduce my cigarette intake to 10 cigarettes per day for two days and then reduce to eight cigarettes per day for two days." "I will have at least one serving of vegetables with each meal."

IDENTIFY SUPPORT SOURCES

Finding family members, friends, or coworkers for support are good options, as are support groups or professionals, such as dietitians.

TRACK YOUR PROGRESS AND UNDERSTAND ROADBLOCKS

Are you hitting your goals? If not, ask yourself how you can adjust the plan. Is your work schedule, a craving or something else getting in the way?

Don't forget to take time to celebrate your accomplishments. Change is difficult to navigate but with the right tools, and a plan in place, you can be successful.



EAST REGION



Humana Military Outreach

Humana Military helps beneficiaries manage certain medical and behavioral health conditions. We have programs to educate and support people with new or long-term conditions, such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Heart failure
- Depression
- Hypertension
- Anxiety

A team of nurses call identified individuals following a hospital stay. They check-in to make sure beneficiaries have what they need after returning home.



EAST REGION

What to expect from a Humana Military clinician

Since a phone call from us could include talking about sensitive and protected health information, all staff are required to make a privacy statement and confirm a beneficiary’s identification. You will be asked to provide:

- Your name
- Sponsor’s identification number or Defense Benefits Number (DBN)
- One additional piece of information, such as your Date Of Birth (DOB) or address

These steps help us to protect you and your confidential information.

A note about phone numbers

Humana Military is based in Louisville, KY. Calls from us may appear with a 502 area code on your caller ID. We know you may hesitate to answer an unknown number or to provide the required authentication information or both. Please feel free to call us at (800) 881-9227

FROM THE CLINICIAN



Holly* is an experienced clinician in the Humana Military disease management program. Helping TRICARE beneficiaries is one of her passions. “Hearing the excitement in the voice” of a beneficiary, she said, “is an amazing feeling.”

Recently, Holly worked with Christy* who has diabetes. Since they began working together a year ago, Christy has adopted a new approach to her health.

Holly and Christy had phone calls where Holly shared information and research about diabetes. This is one way a beneficiary can learn more about a diagnosis—through one-on-one phone calls with their own clinician.

Holly understood that for someone to succeed in changing their health, they need to make small changes. These small changes can create noticeable progress. For Christy, it was testing her blood sugar daily. By building a habit of regular testing, Christy had confidence in making other changes for her health.

During their work in the program, both women learned that sometimes it takes just a small amount of encouragement and education to propel a person forward with their health.

**Names changed to protect privacy.*

FROM THE PATIENT



Christy* has diabetes and spent a year enrolled in the Humana Military disease management program. She worked with Holly*, her assigned clinician. “Over the last year my improvement has been phenomenal—a night and day difference”, said Christy. A year and a half ago, her A1C number was 11.4, and now it is 6.3.

Christy says that her blood sugar value isn’t the only big change she’s seen in herself since joining the program. “I now have willpower,” she said. “It’s a lot better—both my eating habits and my dedication to checking sugar [levels].

“I told myself, this is serious. This is not a joke, not a game. This is diabetes.”

Christy said a lot of her success was due to “the encouragement from my clinician,” she said. “It’s the most important and helpful thing I got out of the program.” In addition to reassurance and inspiration, Holly shared information on the phone about diabetes and nutrition and also sent her educational materials by mail.

**Names changed to protect privacy.*



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

HAVE A SUCCESS STORY?

Has your health improved as a result of the diabetes management program? Did you learn to manage your condition better? We want to hear your story! Tell your clinician and they will pass it on so we can share with others.

PHYSICIAN'S PERSPECTIVE

It's summer! Welcome to warm weather, the longest days of the year—and unfortunately for many people—seasonal allergies. Hay fever is very common. Symptoms can vary from a mild to a significant disruption in your daily life. You might experience runny nose, itchy/watery eyes, and sneezing.

Allergens, such as pollen, do not affect blood sugar levels, but it can be harder to manage your condition if you aren't feeling well. There are many safe medications available to help control seasonal allergy symptoms, but it is best to check with your healthcare provider since some of them may affect your blood sugar levels. Remember to monitor your blood sugar levels regularly, take non-drowsy medications whenever possible and stay hydrated. Indoor exercise is a good option if you are sensitive to pollen.

Speaking of exercise, did you know that exercise and nutrition therapy are the foundation of diabetes therapy?

There are two general types of exercise: aerobic and strength training. Both are important in improving your body's response to insulin. They also help control blood sugar control and decrease risk of death from cardiovascular disease. This is not news to anyone with diabetes. It also isn't a surprise that it is easier to start an exercise program than continue one long-term.

While regular physical activity is a great intervention for diabetics, I recognize that there are real barriers for some people: physical, psychological and social. Your healthcare provider should guide you with an exercise prescription since everyone's condition is unique. If you are interested in going on your own fact-finding mission, good resources include the American Diabetes Association, the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine.

Connie Lorenzo MD,
FAAPMR, CPC-A
Medical Director



TURKEY CLUB BURGER

Prep time: 20 minutes
Cook time: 20 minutes
Yield: 4 servings
Serving size: 1 burger with toppings

Lighten up your traditional hamburger with lean ground turkey—less saturated fat, without less flavor

Ingredients for turkey burger:

12 oz 99 percent fat-free ground turkey
 ½ C scallions (green onions), rinsed and sliced
 ¼ tsp ground black pepper
 1 large egg
 1 tbsp olive oil

for spread:

2 tbsp light mayonnaise
 1 tbsp dijon mustard

for toppings:

4 oz spinach or arugula, rinsed and dried
 4 oz portabella mushroom, rinsed, grilled or broiled, and sliced (optional)
 4 whole-wheat hamburger buns

Nutritional information (per serving):

Calories	299
Total fat	11 g
Protein	29 g
Cholesterol	89 mg
Potassium	424 mg
Carbohydrates	26 g
Saturated fat	2 g
Total fiber	5 g
Sodium	393 mg
<i>Percent daily values are based on a 2,000 calorie diet.</i>	



Directions:

1. Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
2. To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for about 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

Tip: Try it with a side of Grilled Romaine Lettuce With Caesar Dressing.

Hint: To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2–3 minutes on each side or until tender. Slice and set aside until burgers are ready.

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Care management program

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

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EAST REGION

Diabetic Ketoacidosis (DKA)



Do you feel more thirsty than usual? Are you going to the bathroom more often? Do family or friends tell you that your breath smells fruity? Do you have blurred vision at times? Is your blood sugar level above 240?

These are symptoms of Diabetic Ketoacidosis (DKA), and if you have them, see your provider right away.

Here are some key facts about DKA:

What is DKA?

DKA is a life-threatening but preventable complication of diabetes. DKA can also occur in Type 2 diabetes but is more common in Type 1 diabetes. DKA happens when the body can't get insulin to unlock cells to allow sugar to enter the cell, causing the body to start burning fat instead. If our body starts using more fat than sugar as its main energy source, it will build up ketones.

What are ketones?

Ketones are the buildup of acid in the body when it burns more fat than sugar.

Wait! Isn't this great? We want the body to use up fat, right?

Not in this way. Unfortunately, our bodies can't tolerate a lot of the ketones or acid build up. This can affect our organs, and even lead to a coma or death.

How can I tell if I have ketones?

You can buy ketone testing strips at a pharmacy. Ask your provider how and when to use ketone strips at home. Usually, you dip a strip in fresh urine, remove it and wait a few seconds. Then, compare the color of the strip to a color chart on the package to estimate your ketone level. It is normal to have a small number of ketones.

If you are in the moderate range, you need to speak with your provider as soon as possible. If your result is in high range is high, go to the nearest Emergency Room (ER).

