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How to Keep Your Eyes Healthy

You’ve probably heard that diabetes can cause eye problems. It’s true that your risk for having certain eye diseases increases with diabetes. Examples include these below:

- > **DIABETES RETINOPATHY** - weakening of the tiny blood vessels in the retina (at the back of the eye); blood may leak into the retina
- > **GLAUCOMA** - buildup of pressure in the eye
- > **CATARACT** - clouding of the lens in the eye

The longer you have diabetes, the more likely you are to have damage to your eyes. Over time, diseases like those mentioned above may limit your vision or cause blindness. That’s why it’s best to take steps to help prevent these problems or catch them early. Controlling your diabetes is the most important.



Annual preventive eye exams conducted by a participating provider are covered with no deductible for most SelectHealth members.

Call Member Services to learn more about your benefits. Also, check the back page of this newsletter for details on eyewear discounts available to you.

 **Keep Your Eyes Healthy** *Continued from page 1*

HAVE A COMPREHENSIVE EYE EXAM EVERY YEAR

The American Diabetes Association recommends that most people with diabetes have a comprehensive eye exam every year. This is true even if you have no symptoms and your vision seems fine. In most cases, you should visit a specialist, such as an ophthalmologist.

A comprehensive eye exam allows your doctor to check much more than your vision. He or she can also test for eye diseases linked to diabetes. Here is an overview of the tests available:

Diabetic Retinopathy Test

Your doctor will do a dilated eye exam. He or she will put drops in your eyes to dilate your pupils. This makes the pupils bigger and allows them to let in more light. The doctor will then use a strong light and special lens to examine the retina and small blood vessels at the back of your eye. The eye drops can be slightly uncomfortable. Because your pupils are dilated, your eyes may also be sensitive to light for a few hours. You should be back to normal later that day.

Glaucoma Test

For this test, your doctor checks the pressure inside your eyes. There are two ways a glaucoma test can be done. With one option, the doctor will direct a puff of air onto your eyes from a special instrument, which may be startling. With the other, the doctor will put drops in your eyes to numb them. Once your eyes are numb, he or she will touch your eye with an instrument called a probe.

Cataracts Test

When checking for cataracts, your doctor will look to see if the lens of your eye is cloudy. Then you will place your chin and forehead against a device called a slit lamp. The doctor will move a light from eye to eye while you stare straight ahead.

Reference: "Helping You Keep Your Eyes Healthy". See Fit brochure; Eli Lilly and Company, 2008; Used with permission.

**If you need help
finding a doctor
or scheduling
an appointment,
call our Member
Advocates at
801-442-4993
(Salt Lake area)
or 800-515-2220**

EASING COLD AND ALLERGY SYMPTOMS: Which Medications are Right for You?

According to the American Diabetes Association, if you have diabetes and develop an illness, you are at risk for serious complications if you don't manage your condition properly. For example, the common cold and allergies can increase blood glucose levels and make it more difficult to maintain proper nutrition and eating habits.

Colds are caused by different viruses that attack the immune system. Allergies result from triggers such as dust, plant pollen, foods, or medications. Your immune system mistakenly believes that a substance is harmful and responds by trying to eliminate it.

There is no cure for either the common cold or allergies. Luckily, there are several options available to help relieve symptoms, including prescription and over-the-counter medications. Use the table below to determine your symptoms and possible medications for treatment. Always check with your doctor to decide if a therapy is right for you.

WHAT IT TREATS	Cold or allergy symptoms	Cold or allergy symptoms	Allergies
TYPE	Antihistamines	Decongestants	Nasal steroids
MEDICATION NAME	Zyrtec® (cetirizine) Allegra®** (fexofenadine) Astepro®** (azelastine) Alavert®, Claritin® (loratadine)	Sudafed® (pseudoephedrine) Sudafed® PE Neo-synephrine (phenylephrine) Afrin® (oxymetazoline)	Flonase®** (fluticasone) Nasonex®** (mometasone)
WHAT IT RELIEVES	Sneezing; itchy, runny nose; eye symptoms	Nasal congestion	Nasal congestion; sneezing; itchy, runny nose
DIABETES PRECAUTIONS	None	Increases both blood sugar and blood pressure. Try saline nasal spray instead	Possible increase in blood sugar

***Available by prescription only**

Reference: Brieana Buckley, PharmD and Daniel Richards, PharmD candidate 2010, SelectHealth.

Note: SelectHealth refers to many of the drugs [in this list] by their respective trademarks, but SelectHealth does not own those trademarks; the manufacturer or supplier of each drug owns the drug's trademark. By listing these drugs, SelectHealth does not endorse or sponsor any drug, manufacturer, or supplier. And these manufacturers and suppliers do not endorse or sponsor any SelectHealth service or plan and are not affiliated with SelectHealth.



need help dealing with allergies and rhinitis?

Allergies can be mild, like a runny nose. In rare cases, they can cause difficulty breathing, swelling of the throat and tongue, or even loss of consciousness.

Rhinitis is swelling and excess mucous in the nose that causes nasal congestion or postnasal drip. Though allergic rhinitis is very common, there are several treatment options, including prescription and over-the-counter medications that can relieve symptoms.

We offer several resources for managing your allergies and rhinitis. Call **801-442-5305** (Salt Lake area) or **800-442-5305** to speak with a nurse care manager and other trained staff to answer questions on your treatment and benefits.

You can also learn more by visiting www.intermountainhealthcare.org. Click on "Health Resources" and search for either allergies or rhinitis.





Use a Checklist to Take Control of Your Diabetes

A patient checklist like the one at right can start the conversation with your doctor about problem areas.

HOW OFTEN SHOULD YOU VISIT YOUR DOCTOR?

It depends on your level of blood sugar control and treatment plan:

- Every three months if your treatment goals are NOT being met.
- Every six months if your treatment goals are being met.

AT YOUR VISIT, DID YOUR DOCTOR . . .

- Talk to you about exercise habits, meal plans, and your current treatment plan?
- Ask what medications you are taking?
- Ask about problems with high or low blood sugar reactions?
- Discuss your home blood sugar test results before and after meals?
- Check your blood sugar and HbA1c? Is your blood sugar below 140 mg/dL and your HbA1c below seven percent?
- Tell you what your numbers are and what they mean?
- Give you a plan for seeing an eye doctor?
- Check your feet with your socks and shoes off?
- Ask what complications or infections you have had and how they were treated?
- Check your blood pressure?
- Collect blood for cholesterol tests and urine for protein tests (this should happen once each year)?

Reference: Eli Lilly and Company. 2007. HI 47416 0707

Travel Tips: Be Prepared

SJ—a SelectHealth member—was almost 40 years old and had lived with diabetes for 34 of those years. She felt she knew all there was to know about her condition and was confident that she had everything she needed for her summer vacation. She packed extra supplies for her insulin pump; batteries for her pump and glucometer; and insulin, glucose tablets, and test strips. What more could she need?

Three days into her family vacation, SJ's daughter came to join her in the hot tub, accidentally knocking her pump into the hot water. While most insulin pumps are water resistant, SJ learned very quickly that hers did not survive the plunge. After a phone call to her pump manufacturer,

she also learned that her pump was no longer under warranty.

Luckily, she had packed her doctor's phone number and was able to reach a physician assistant who called in a prescription to the local pharmacy for long-acting insulin and syringes. Because she was prepared, SJ's vacation continued on with success. She was eventually able to purchase a new insulin pump and return to her regular treatment plan.

Here are a few tips to remember if you are planning to travel so you can avoid any inconveniences, or unnecessary issues with your health:

- > Carry phone numbers for your doctor, pharmacy, and an emergency contact.

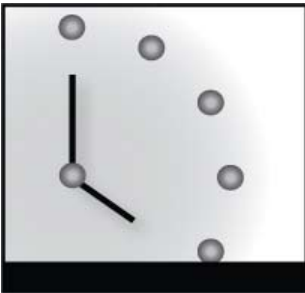
- > Pack an "emergency kit" that includes long- and short-acting insulin and enough syringes to get you through your trip.
- > Keep a record of your treatment plan that includes your pump settings.
- > Wear or carry something on you that will notify emergency personnel that you have diabetes.
- > Always have glucose tablets or a glucagon kit with you.

When planning a getaway of any length, be sure you are prepared! A little bit of extra packing and effort is well worth the peace of mind.

Note: The member's name has been abbreviated to protect her identity. Her story was used with permission.

WHY WE PREFER ABBOTT BLOOD GLUCOSE METERS

Abbott meters are our preferred meters. They offer three advantages: (1) less waste of test strips as Abbott test strips allow 60 seconds to apply the blood, (2) test strips require only a small amount of blood, and (3) no entry codes are required when you use a new packet of test strips.

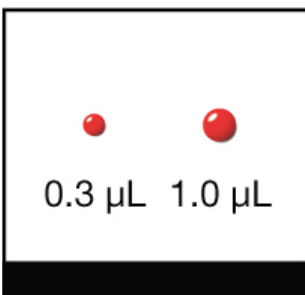


MORE TIME TO REAPPLY BLOOD

up to 60 seconds makes the test strip easier to use

NO CODING REQUIRED

one less step and less room for user error



SMALLEST SAMPLE SIZE

only 0.3 µL makes testing virtually pain-free

Reference: Images provided by Abbott Laboratories. Used with permission.



Quitting is Hard Work—Let Us Help!

Smoking and diabetes are a dangerous combination. That's why quitting smoking is one of the best things you can do to better control your diabetes.

No matter how long you have smoked, quitting helps your heart and lungs. It also lowers the risk of hurting your blood vessels, eyes, nerves, and other organs. Other benefits include fewer wrinkles; better-smelling hair, breath, and clothes; and reduced risk of passing along secondhand smoke to friends and family. Quitting will take some hard work, but we offer resources to help.

Quit for Life®—a private smoking cessation program—is available at no additional cost to most SelectHealth members. Follow the program at your own pace from home. You'll receive a Quit Kit and access to one-on-one coaching and support. For more information or to enroll, call 866-QUIT-4-LIFE or visit www.freeclear.com/quit-for-life. Smokers younger than age 18 should call the Utah Tobacco Quit Line at 888-567-TRUTH.

For more information about medications that may help you quit, talk to your doctor. You may be eligible for nicotine replacement therapy.

NOTE: Your employer may choose not to cover these benefits. Call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038 to confirm your plan details.





Busy Day Breakfast Burrito

serves
4

serving size
1 burrito

prep time
5 minutes

cooking time
3 minutes

ingredients

1 ½ cups egg substitute
¼ cup picante sauce

4 six-inch flour tortillas

½ cup shredded, reduced-fat, sharp cheddar cheese

directions

1. Place a small nonstick skillet over medium heat until hot. Coat the skillet with nonstick cooking spray and add egg substitute. Cook, without stirring, until egg mixture begins to set on bottom (about one minute).
2. Draw a spatula across the bottom of the pan to form large curds. Continue cooking until egg mixture is thick but still moist; do not stir constantly.
3. Place the tortillas on a microwave-safe plate and microwave on high 15 seconds or until heated. Top each with equal amounts of the egg mixture.

4. Spoon 1 Tbsp salsa evenly over the egg on each tortilla. Sprinkle with 2 Tbsp of cheese and roll up.

Nutrition Information (per serving)

Total Calories	203
Calories from Fat	53
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	643 mg
Total Carbohydrates	21 g
Dietary Fiber	1 g
Sugars	2 g
Protein	16 g
Dietary Exchange	1 ½ Starch 1 Lean Meat ½ Fat

Reference: Hughes, Nancy S. *The 4-Ingredient Diabetes Cookbook*. McGraw-Hill, 2007.

TIP

Use extra sharp cheddar cheese for a more intense cheese flavor. In general, this is a great way to stretch the cheese flavor in recipes without adding fat or calories.

WHY EXERCISE?

Exercise has powerful and positive effects on your diabetes. It offers these benefits:

- > **Lowers your blood glucose and improves your body's ability to use glucose.** You're burning more fuel in a more efficient way.
- > **Helps reverse the resistance to insulin that comes from being overweight.** As you lose excess body fat, you actually increase the number of insulin receptors on your cells, which improves your body's ability to use insulin.
- > **Helps control your blood pressure and cholesterol.** This will lower your chance of developing atherosclerosis and other problems that can cause heart attacks and strokes.

Besides helping you manage your diabetes, exercise can also make you stronger, give you more energy, and helps ease daily stress. It can give you a spring in your step and a boost in your mood. Call to request the free walking exercise DVD found on page 7 to get started!

Reference: "Living Well: A Diabetes Care Handbook." Intermountain Healthcare, 2005-2008, p 90.



Call to Request a Free DVD: Walking Down your Blood Sugar

Regular exercise is one of the most important parts of every diabetes treatment plan. Walking is a great low-impact way to get the exercise you need.

To help you lace up your walking shoes, we'll send you a free DVD called "Walking Down Your Blood Sugar"—designed for people with diabetes.

This easy-to-follow, indoor walking workout takes just 30 minutes. The instructor, Leslie Sansone, leads with basic marches, kicks, jogs, and knee-ups. Besides the motivation to exercise, the DVD features plenty of encouragement and information.



"I love this DVD!" said one SelectHealth member. "It is so much fun, and it's easy to follow along—even my husband and kids enjoy doing it with me. I have lost a total of 12 pounds since beginning the program in early February, and my HbA1C level has already dropped from 7.6 to 7.2."

To request a free copy of the DVD, call 801-442-6492 (Salt Lake area) or 800-374-4949 (option 3).



TEAM SELECTHEALTH RIDES AGAIN!

For the fourth year in a row, SelectHealth will sponsor a cycling team as part of our support of the American Diabetes Association's Tour de Cure.

Tour de Cure is a great way to improve your fitness and support a good cause.

Last year, we fielded the largest team in the country with 265 riders who raised more than \$76,000. This year we're shooting for 300 riders and a fundraising goal of \$100,000. The ride is Saturday, June 12 at Rees Pioneer Park in Brigham City.

Join us! To register with Team SelectHealth, visit www.diabetes.org/utahtourdecure. Select "Join a Team" and type in "Team

SelectHealth," then follow the prompts. Become a fan of Team SelectHealth on Facebook® to get route updates and notice of special promotions and discounts.

If you are not a cyclist but would like to be involved, you can volunteer at our rest stop in Bear River City. Contact Marcus Perry at 801-442-7955 or marketing@selecthealth.org for more information.





We have teamed up with EyeMed Vision Care® to offer our members impressive rates and discounts on frames, lenses, contacts, and more.

Services are available through the EyeMed Access network at nearly 200 Utah locations (including Lens Crafters®, Target Optical®, and Standard Optical) and 4,500 locations nationwide.

DISCOUNT HIGHLIGHTS:

Frames	35% off retail price
Standard Plastic Lenses	Single Vision at \$50 Bifocal at \$70
Lens Options	UV Coating, Tint, Scratch Resistance at \$15 each; Anti-Reflective Coating at \$45
Contact Lenses	15% off conventional lenses
LASIK	15% off retail or 5% off promotional price

Save Money on Your Eyewear

For a complete listing, visit
www.eyemedvisioncare.com/locator

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The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.



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