Our SelectHealth Medicare Advantage® plan has an enhanced routine eye exam benefit for members who have been diagnosed with diabetes by an in-network provider. This enhanced benefit does not apply to exams for known medical conditions and ongoing medical care.

There is no coinsurance, copayment, or deductible for one routine eye exam per year.

This is also available for members on our Community Care, and some commercial plans.

If you have questions, check your benefits or contact SelectHealth.

Don’t overlook eye exams

When you have diabetes, there’s lots to do to manage your disease. Among those tasks? Scheduling an exam every year with your eye doctor. It’s a date you shouldn’t overlook.

Having regular dilated eye exams—at least once a year—is just that important. In fact, it could save your sight.

A SERIOUS RISK

As you may know, having diabetes increases your risk for complications, including eye problems. Not everyone with diabetes will develop eye problems. But the risk is higher the longer you have diabetes, the National Eye Institute reports.

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Show Your Feet Some Love

Your feet need extra attention if you have diabetes. That’s because diabetes raises your risk of serious foot problems. Taking special care of your feet can help keep them healthy.

A key part of that care is checking your feet and toes every day for signs of trouble a doctor needs to know about right away. Look for red spots, sores, blisters or breaks in the skin, and ingrown toenails. Tell your doctor if your foot changes color, shape, or just feels different—for example, it is less sensitive or hurts.

But what if you have trouble seeing or reaching your feet? Try using a mirror or asking a family member, friend, or caregiver to look for you.

These safeguards are also a must:

1. Wash your feet every day. And dry them carefully, especially between your toes.
2. Moisturize. Rub a thin coat of lotion on the tops and bottoms of your feet, but not between your toes.
3. Never try to remove calluses, corns, or warts by yourself. Ask your healthcare provider to treat them for you. Your provider can also trim your toenails if you need help.
4. Don’t go barefoot, even at home. The risk of getting a cut or an infection is just too great.
5. Get feet checkups. Ask your provider to check your feet at every visit. And get a thorough foot exam at least once a year, including a check of the feeling and pulses in your feet.

Source: American Diabetes Association; National Institutes of Health

Transitions of Care

There are many transitions as we progress through life. One of these transitions is the time we move from seeing a pediatrician or pediatric specialist to an adult primary care doctor or specialist. Changing doctors can be a difficult decision but SelectHealth is here to help. Our Advocates can assist in finding a doctor that is the best fit.

If you or your child is 18-21 and still going to a pediatrician or pediatric specialist for healthcare needs, transitioning to an adult primary care doctor or specialist may be the right choice. Talk to your current doctor and see if this change is needed then give the SelectHealth Advocates a call at 801-442-4993, Toll Free 800-515-2220.
Diabetes Checkups: Get More out of Every Visit

Checkups are a crucial part of your healthcare. And they’re also a good way to ensure your diabetes management goals are on track. Because healthcare visits are often short, it’s wise to make the most out of every minute with your doctor. That starts with being organized.

BEFORE YOUR VISIT

Make a list. Take a moment to write out questions or concerns you have—about your diabetes care or anything else. For example, do you have a question about blood sugar control? Have you noticed new symptoms or a side effect with your medications? Are you due for screenings or vaccines?

Bring what you need. Put it all together ahead of time. For example:

- A list of the medications, prescription and nonprescription, you’re taking, as well as vitamins and herbal supplements.
- Your blood glucose meter, if you have one, and your log showing the results of your daily blood sugar checks.

DURING YOUR EXAM

Be sure to bring up the questions or concerns on your list early in your exam; otherwise, you may run out of time. Remember, you shouldn’t be afraid to tell your doctor if you’re having trouble sticking to your diabetes care plan. Your doctor can help you get back on track.

Sources: American Diabetes Association

Know the Signs of a Diabetes Emergency

Diabetes is a manageable condition, but it can cause life-threatening emergencies if not well-controlled. If you or someone you know is living with diabetes, it’s vital to know the signs of an emergency, how to treat it, and when to call 911.

VERY LOW BLOOD SUGAR (HYPOGLYCEMIA)

Hypoglycemia is caused by too much insulin in the body. It can lead to dangerously low blood sugar levels. Signs of hypoglycemia include:

- Weakness or drowsiness.
- A rapid pulse.
- Fast breathing.
- Pale, sweaty skin.
- Headaches or trembling.
- Odorless breath.
- Numbness in the hands or feet.
- Hunger.

The treatments for hypoglycemia are glucagon and fast-acting sugars. Make an emergency plan that outlines what actions you and your family should take. Write down:

- Where the glucagon kit is kept
- Who will administer the glucagon
- Which fast-acting sugars to give
- Any other medications to administer

If someone becomes unresponsive or falls unconscious during hypoglycemia, call 911 immediately.

Sources: American College of Emergency Physicians; American Diabetes Association

VERY HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Hyperglycemia occurs when there is too little insulin in the body or when the body is not using insulin properly. Without treatment, it can lead to a life-threatening condition called ketoacidosis, or a diabetic coma. Some of the causes of hyperglycemia include stress, eating too much, or exercising too little. Look out for:

- High blood sugar levels
- Frequent urination
- Increased thirst

The best treatment for hyperglycemia? Avoid it in the first place with regular exercise and a healthy diet. In a hyperglycemia emergency, know how to administer insulin or prescription medication as directed by your medical team. If a person becomes unconscious or unresponsive, call 911 immediately.

Sources: American Diabetes Association
Budget-Friendly Deluxe Chicken Nachos

**INGREDIENTS**

- 8 corn tortillas (cut into 6 pieces each)
- ½ tsp. salt (optional)
- 1 can refried beans (15-ounce, fat-free)
- ¼ cup low sodium chicken broth
- 1 lb. chicken breasts (boneless, skinless, cooked and shredded)
- ¾ cup Mexican style cheese (reduced fat, shredded)
- 2 tomatoes (seeded and diced)
- 1 cup salsa
- 1 avocado (seeded and diced)
- 2 cups lettuce (shredded)
- ½ cup plain nonfat Greek yogurt (non-fat)

Serves 8

**Prep time 30 minutes; Cook time 35 minutes**

**INSTRUCTIONS**

1. Preheat oven to 350 degrees F. Coat one large or two small baking sheet(s) with cooking spray.
2. Lay cut corn tortillas in one layer on the baking sheet(s). Spray the top with cooking spray. Lightly sprinkle with salt (optional).
3. Bake for 20 minutes, stirring every 5 minutes or until the chips are slightly golden brown and crispy. Remove from oven and pour into a baking dish coated with cooking spray. Set aside.
4. Mix fat-free refried beans with chicken broth and pour over the baked tortilla chips.
5. Top the beans with the shredded chicken and then with the reduced fat cheese.
6. Place on the top rack of the oven and bake for 10-15 minutes or until cheese is melted and starting to turn golden brown.
7. Remove from the oven and divide the nachos among eight plates. Top each plate with diced tomatoes, salsa, 1/4 avocado, lettuce and yogurt.

**NUTRITION FACTS**

Serving Size: ⅛ recipe

- Calories: 245
- Carbohydrates: 25 g
- Protein: 22 g
- Fat: 7 g
- Saturated Fat: 2.5 g
- Cholesterol: 40 mg
- Sodium: 530 mg
- Potassium: 640 mg
- Sugars: 3 g
- Dietary fiber: 6 g

Finding Healthy, Affordable Food

When it comes to keeping your blood sugar within a healthy range, smart food choices are important. But how can you put healthy food on the table if money is tight?

One way is to dial 211 or go visit **211.org**.* It’s a free, confidential service that can help you find resources in your area to get the nutritious food you need.

For example, 211 can help you find:
- Food banks and soup kitchens
- In-home meal delivery services
- Community gardening support

This service can also help you find out if you qualify for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. SNAP provides monthly financial help to pay for foods like fruits, vegetables, bread, cereal, meat, fish, poultry, and milk.

And SNAP dollars aren’t limited to grocery stores. You can also use them at farmers’ markets, which are popping up in more and more neighborhoods, including underserved ones.

*211 is supported by United Way and other non-profits.

Find out more about SNAP at morehealth.org/SNAP.

Farmers’ markets provide fresh, locally grown produce you can often buy with SNAP dollars. What’s more, many states give double dollars to SNAP participants who buy food at these markets. That means $15 in SNAP benefits can equal $30 worth of nutrient-rich produce.

Find out more about SNAP at morehealth.org/SNAP.
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If you have a Medicare Advantage® plan, call us toll-free at 855-442-9900, weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday. Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711. SelectHealth is an HMO, HMO-SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

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PLANT A TREE WITH ONE CLICK.

SIGN UP TO GO PAPERLESS!

OVER 5,800

That's how many trees we planted at the Bibb County Preserve last year. We partnered with the Arbor Day Foundation to plant trees for members who signed up to go paperless.

Sign up to go paperless and we'll plant a tree to help restore another forest.

Here's how: Visit selecthealth.org/trees and log in to My Health.