IT’S TRUE: DIABETES CAN BE HARD ON THE HEART.

In fact, people with diabetes are nearly twice as likely to have a heart attack or heart disease as those who don’t have diabetes. But try not to let that scare you. Instead, let it inspire you. You can protect your heart and take care of your diabetes at the same time. In fact, the two pretty much go hand in hand.

Here are some key steps to take on behalf of your heart and your overall health:

> **Ask your doctor** about your A1C, blood pressure, and cholesterol goals and what you should do to meet them. Unhealthy blood sugar, blood pressure, and cholesterol levels can damage your arteries and overwork your heart.

> **Enjoy a variety of healthy foods**, including fruits, veggies, brown rice, beans, skinless chicken, and foods low in salt, saturated fat, and trans fat.

> **Be active every day.** Take a heart-healthy walk, ride a bike or do whatever activity you enjoy that gets you moving.

> **Watch your weight.** A healthy weight can help your heart and keep your blood sugar level within a good range.

> **If you smoke, ask for help quitting.** Smoking and diabetes are a dangerous duo that make your risk of a heart problem climb even higher.

> **Follow your doctor’s advice** about medicines that help protect your heart.

Sources: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases

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Get Help from a Care Manager

Care managers are nurses and social workers who are here to help you improve your health.

**THEY CAN:**

- Partner with you to help set and reach your health goals
- Provide educational materials and find classes
- Work closely with your doctors
- Answer questions about your benefits and claims
- Assist with medication, equipment, and supply needs

To talk with a care manager, call **801-442-5305**.

These services are available to you at no cost.
When It Comes to Your Vision, You Shouldn’t Look Away

HOW CAN DIABETES AFFECT THE EYES?

In diabetic eye disease, high blood glucose and high blood pressure cause small blood vessels to swell and leak liquid into the retina of the eye, blurring the vision and sometimes leading to blindness. People with diabetes are also more likely to develop cataracts (a clouding of the eye’s lens) and glaucoma (optic nerve damage). Laser surgery may help these conditions.

HOW CAN I KEEP MY EYES HEALTHY IF I HAVE DIABETES?

There’s a lot you can do to prevent eye problems. Keeping your blood glucose level closer to normal can prevent or delay the onset of diabetic eye disease. Also, keeping your blood pressure under control is important. Finding and treating eye problems early can help save your sight.

Have an eye doctor give you a dilated eye exam at least once a year. The doctor will use eye drops to enlarge (dilate) your pupils to examine the backs of your eyes. Your eyes will be checked for signs of cataracts or glaucoma, problems that people with diabetes are more likely to get.

Because diabetic eye disease may develop without symptoms, regular eye exams are important for finding problems early. Some people may notice signs of vision changes. If you have blurry vision, trouble reading, or if you’re seeing rings around lights, dark spots, or flashing lights, you may have eye problems. Be sure to tell your doctor, optometrist, or ophthalmologist about any eye problems you may have.

Source: cdc.gov/diabetes/managing/problems.html

Curious about your benefits for an eye exam?

We’d love to help. Call Member Services at 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturday, from 9:00 a.m. to 2:00 p.m. TTY users, please call 711
Diabetes and Statin Medications

What is a statin medication and why do I need it?

Heart attacks and strokes are the most common causes of death among people with diabetes.

**Statins** are prescription medications that can help prevent a heart attack or stroke by reducing the amount of cholesterol your body makes.

Too much cholesterol in the blood can cause **atherosclerosis**. This is a build-up of dangerous plaque in the walls of your arteries. If a piece of plaque breaks off, it can cause a blood clot or block in your artery, stopping the flow of blood. If blood is blocked in an artery on the heart, it causes a heart attack. If it happens in the brain, it causes a stroke.

**Unhealthy arteries**

An unhealthy artery or blood vessel in your body contains cholesterol, fat, and other materials that can narrow and limit blood flow.

1. Plaque builds up, causing scarring in the wall of the artery. This causes plaque to stick.
2. As plaque builds up on the artery wall, it slows or blocks the flow of blood. This can put you at risk of heart attack or stroke.

What are the benefits of statins?

- **Nearly 7 in 10 adults age 65 or over who have diabetes die from heart disease.**
- **Almost 2 out of every 10 adults who have diabetes die from stroke.**
- Even if you don’t have atherosclerosis or elevated cholesterol, people with diabetes who take a statin reduce their risk of having a heart attack, stroke, or problems with their blood vessels.

- **Less chance of stroke and heart disease**

- **Taking a statin can lower cholesterol by 30% or more.**

Once you start taking a statin, you will need to keep taking it to continue these benefits.

**Talk with your healthcare provider before you stop taking statins or any other prescription medication.**

Your healthcare provider will choose a statin and dose level that is right for you.
### Taking Medicine—What Gets in the Way?

Think about all of the medicines you take. Mark one answer for each item below.

#### INCONVENIENCE/ FORGETFULNESS

<table>
<thead>
<tr>
<th>Lifestyles</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 I just forget to take my medicines some of the time.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 I run out of my medicine because I don’t get refills on time.</td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>3 Taking medicines more than once a day is inconvenient.</td>
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</tr>
</tbody>
</table>

#### TREATMENT BELIEFS

<table>
<thead>
<tr>
<th>Attitudes and Beliefs</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 I feel confident that each one of my medicines will help me.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>5 I know if I am reaching my health goals.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Help From Others</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 I have someone I can call with questions about my medicines.</td>
<td></td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Talking With Healthcare Team</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 My doctor/nurse and I work together to make decisions.</td>
<td></td>
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<td></td>
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</tbody>
</table>

#### BEHAVIOR

<table>
<thead>
<tr>
<th>Taking Medicines</th>
<th>Have You…</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Taken a medicine more or less often than prescribed?</td>
<td></td>
<td></td>
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<tr>
<td>9 Skipped or stopped taking a medicine because you didn’t think it was working?</td>
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<tr>
<td>10 Skipped or stopped taking a medicine because it made you feel bad?</td>
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<tr>
<td>11 Skipped, stopped, not refilled, or taken less medicine because of the cost?</td>
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<td></td>
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<tr>
<td>12 Not had medicine with you when it was time to take it?</td>
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</table>

If you checked any answers in the dark blue boxes, talk with your doctor or healthcare professional.
Make a Move for a Healthier Life

Don’t let diabetes scare you away from exercise. When you have this chronic condition, it’s important to keep your body moving.

Exercise can help balance your blood sugar and may even allow you to cut back on the insulin or diabetes pills you take.

Before you begin, talk with your doctor and find out what type of exercise is safe and effective for you. He or she can tell you how to keep your blood sugar in balance while exercising.

**CHOOSE YOUR MOVES**

If you’re a beginner, start by boosting your activity in small ways. For example, skip the elevator and take the stairs. Or park at the far end of a shopping center and walk to the store. When at home, try walking around as you talk on the phone or do chores outside that make you move, such as gardening, raking the leaves, or washing the car.

No matter what you choose to do, try to build up to about 30 minutes of moderate-to-vigorous exercise at least five days a week or a total of 150 minutes per week.

*Source: American Diabetes Association*
Breakfast Quesadillas

Serves 6 • Serving Size 1 wedge  
Prep time 15 minutes • Cook time 16 minutes

Fluffy eggs and spicy chilies folded into a tortilla with rich melted cheese makes breakfast a pleasure! Lightly toasted to perfection, this quesadilla redefines breakfast.

You can use a variety of cheeses such as asadero, Monterey jack, and white cheddar. For a chorizo quesadilla, substitute 4 oz cooked beef or pork chorizo for the bacon.

INGREDIENTS
Nonstick cooking spray 1
Canned green chilies 1/4 cup
Eggs (beaten) 4
Black pepper 1/4 tsp
10-inch whole wheat flour tortillas 2
Cheddar cheese, or use Mexican blend, Monterey Jack, or pepper jack (reduced fat) 1 1/2 cup
Turkey bacon (cooked crisp and crumbled) 4 slices

INSTRUCTIONS
1. Coat a small skillet lightly with cooking spray.
2. Saute green chilies over medium-low heat for 1-2 minutes. Add beaten eggs and cook, stirring, until scrambled and set. Season with pepper.
3. Coat a second, large skillet lightly with cooking spray. Place one tortilla in the skillet and cook over medium heat until air bubbles begin to form, about 1 minute. Flip tortilla over and cook for 1 minutes more (do not let tortilla get crispy).
4. Spread half the cheese evenly over the tortilla, covering to the edges.
5. Reduce heat to low. Quickly arrange half the cooked bacon and half the egg mixture over the cheese. Cook until the cheese starts to melt, about 1 minute.
6. Fold tortilla in half to create a half-moon shape. Flip folded tortilla over and cook until it is lightly toasted and the cheese filling is completely melted, 1-2 minutes.
7. Transfer quesadilla to a cutting board. Recoat the skillet with cooking spray, and repeat with the second tortilla and remaining cheese, bacon, and egg mixture.
8. Cut each quesadilla into 3 wedges and serve immediately with fresh salsa.

Source: diabetesfoodhub.org

NUTRITION FACTS • Serving Size: 1 wedge
Calories 160  
Protein 14g
Total Fat 10g  
Potassium 135mg
Saturated Fat 4g  
Phosphorus 260mg
Trans Fat 0g  
Choices/Exchanges: 2
Cholesterol 140mg  
Medium-fat meat, ½ starch
Sodium 460 mg
Total Carbohydrate 8g
Dietary Fiber 5g
Total Sugars 1g
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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. © Coffey Communications 2019

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