Traveling with Diabetes

Being diagnosed with diabetes doesn’t mean you have to hang up your traveling shoes. It just means you have to do a little extra preparation before you put them on and take off.

**BEFORE YOU LEAVE**

See your doctor before you leave to discuss your trip and any concerns. If you’ll be crossing time zones, ask how to adjust your medication schedule.

It would be a good idea to carry a list of your medications and the supplies you need. Also, you may want to ask for an extra medication prescription you can carry with you in case of an emergency or if you will be away for an extended length of time.

**WHEN YOU’RE PACKING**

Take at least twice the medication and supplies you think you’ll use. Carry half or more with you at all times.

Protect your insulin from extreme temperatures by packing it in an insulated bag.

Be sure to take comfortable shoes, as well as plenty of crackers, fruit, and other snacks.

**IF YOU ARE FLYING**

Notify the airport security screener that you have diabetes and are carrying supplies with you.

The American Diabetes Association recommends that you allow extra time for screening if you wear an insulin pump. You may want to request a visual security check instead of using the walk-through screening devices.

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If the airline offers a meal for your flight, you can call ahead for a meal low in sugar, fat, or cholesterol. Make your request at least two days before the flight. Check your blood glucose often, especially after a long flight.

Keep a Close Eye on Vision Problems

Diabetes can affect just about every part of the body—even your eyes. To help protect your sight, learn the dangers and how to address them.

**Diabetic retinopathy** is a leading cause of blindness in adults. It happens when the blood vessels of the retina are damaged. The retina is the lining at the back of the eye that senses the light coming into the eye. Unfortunately, most people with diabetes will eventually develop some degree of retinopathy.

**A cataract** is a clouding of the eye’s lens, the part of the eye that focuses light on the retina. Anyone can get a cataract, but people with diabetes are 60% more likely to get cataracts compared to people without the disease.

**Glaucoma** is a buildup of pressure in the eye. It can damage the retina and the optic nerve and cause vision loss. It affects people without diabetes, too, but people with diabetes are about twice as likely to get glaucoma as those without the disease.

Your best defense against eye problems includes two basic steps:

1. Keep blood sugar levels as close to normal as possible. Tight control may help prevent or slow eye disease. But it’s not for everyone. Ask your doctor what your blood sugar goals should be.

2. Have a dilated eye exam every year. You can have permanent eye damage before symptoms ever occur. Regular eye exams help catch problems early and keep you seeing clearly.

Sources: American Diabetes Association; National Institutes of Health
Get Care That’s Right for You Whenever, Wherever You Need It

Not feeling well? There are many types of care to choose from—some are even available 24/7.

**PRIMARY CARE PROVIDER (PCP)**
A PCP can help you stay healthy and see you faster when you are sick.

When it’s not an emergency, see your PCP instead—many clinics are open after 5:00 p.m. Can’t find a doctor? Call Member Advocates at 800-515-2220.

**NURSE LINE**
Not sure where to go—your doctor, urgent care, or the ER? You can call Intermountain Health Answers* 24/7 and talk to a nurse. To reach Health Answers, call 844-501-6600.

**TELEHEALTH**
Need care right away, but you can’t get to your doctor or urgent care? Intermountain Connect Care® is available anytime, anywhere, using a smartphone or a computer. Download the app or visit intermountainconnectcare.org.

**URGENT CARE**
Is your doctor’s office closed? Intermountain InstaCare® locations are open every day until 9:00 p.m. or later. Download the SelectHealth app to find a location, view wait times, and get in line. Questions? Call Member Services at 800-538-5038.
What is a Nephrologist?

The kidneys are small organs with a big mission: To filter waste and extra water from blood. They also produce several hormones that help control blood pressure, make red blood cells, and activate vitamin D. All of these functions are vital to good health.

That’s why if you’re diagnosed with kidney disease, you may need to see a nephrologist—a doctor who specializes in treating kidney problems.

These kidney experts start their training with four years of medical school and at least three years of postgraduate training. After becoming certified in internal medicine, nephrologists study a broad range of kidney disorders for two or more additional years.

Nephrologists not only treat kidney disease, but also conditions associated with it. That includes diabetes and high blood pressure—both of which can lead to chronic kidney disease.

WHEN TO SEE ONE

Your primary care physician might refer you to a nephrologist if you have signs of a kidney problem, such as:

- Protein or blood in your urine
- Severe high blood pressure
- Loss of kidney function

Your nephrologist may recommend medication or changes in your diet to treat kidney disease. Without treatment, kidney disease often gets worse. In severe cases—known as kidney failure—dialysis or a kidney transplant may be needed.

Whatever type of kidney disease you have, your nephrologist will partner with your primary care doctor to monitor your treatments and help you do well.

Sources: American College of Physicians; National Institutes of Health

It Takes a Team

Many health professionals are involved in diabetes care. In addition to your primary care doctor, you may see:

- Nurse educator: Teaches you about diabetes and how to manage it.
- Registered dietitian: He/she may also be a certified diabetes educator, and can show you how to eat in a way that will help you meet your health goals.
- Eye doctor: Watches for and treats diabetes-related eye diseases.
- Podiatrist: Can help you lower your risk of foot and lower-leg complications.
- Exercise specialist: Helps you learn to use physical activity to help manage your disease.

Source: American Diabetes Association
Sticking With My Medicine—What Will Work?

Taking your medicines as directed by the healthcare provider is one of the most important things you can do to help manage your multiple health problems.

If you do not take your medicines as directed by your provider:

- One or more of your health problems may get worse
- You may have trouble doing some daily tasks
- You may be at risk for health complications

I sometimes forget to take all of my medicines every day.

Taking medicines for multiple health problems at different times each day can be confusing and hard to remember.

- Try taking your medicines around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask the provider if there are medicines you can take less often. There may be combination medicines that can replace two separate ones. There may also be one medicine that can treat more than one health problem.

If you often forget to take your medicine:

- Use a pill box marked with the days of the week. If you take several pills, you may need a larger pill box. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicines in a place where you will see them every day.

If you forget to refill your medicine on time:

- Write “refill medicines” on your calendar about a week before each of your medicines will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.

It’s hard to keep up with my refills.

Try to use one pharmacy for all your medicine needs. The pharmacist can help make sure all your medicines work well together. The pharmacist can also consolidate your orders so you do not have to make more than one trip.

Talk to your healthcare provider about the best times of day to take each of your medicines. You may be able to take some medicines at the same time, but you may have to wait before taking others.
### INCONVENIENCE/ FORGETFULNESS

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

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<th>Attitudes and Beliefs</th>
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<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
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<td>4 I feel confident that each one of my medicines will help me.</td>
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<td>5 I know if I am reaching my health goals.</td>
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<th>Help From Others</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<td>6 I have someone I can call with questions about my medicines.</td>
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<th>Talking With Healthcare Team</th>
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<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tr>
<td>7 My doctor/nurse and I work together to make decisions.</td>
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### BEHAVIOR

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<th>Taking Medicines</th>
<th>In the last week</th>
<th>In the last month</th>
<th>In the last 3 months</th>
<th>More than 3 months ago</th>
<th>Never</th>
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<tbody>
<tr>
<td>8 Taken a medicine more or less often than prescribed?</td>
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<td>9 Skipped or stopped taking a medicine because you didn’t think it was working?</td>
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<td>10 Skipped or stopped taking a medicine because it made you feel bad?</td>
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<td>11 Skipped, stopped, not refilled, or taken less medicine because of the cost?</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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If you checked any answers in the dark blue boxes, talk with your doctor or healthcare professional.
Budget-Friendly BBQ Chicken Salad

INGREDIENTS
Cooking spray
1 lb chicken breasts (boneless, skinless)
¼ cups barbecue sauce
4 slices of turkey bacon (cooked crisp and chopped)
2 carrots (shredded)
16 oz bag of romaine lettuce (chopped)
½ or 1 small medium red onion (diced small)
1 large cucumber (small dice)
1 large tomato (seeded and small dice)
½ tsp salt (optional)
½ tsp black pepper
½ cup poppy seed dressing (fat-free)
This recipe serves 5

INSTRUCTIONS
1. Preheat oven to 375 degrees F.
2. Coat a baking sheet with cooking spray. Line the sheet with chicken breasts and brush each generously with barbeque sauce. Bake for 30 minutes or until internal temperature of chicken is 165 degrees F. Set aside to cool.
3. In a large salad bowl, toss together bacon, carrots, lettuce, onion, cucumber, tomatoes, salt (optional), and pepper.
4. Once chicken is cool, chop into small pieces and toss with the salad ingredients.
5. Pour dressing over salad and toss gently to coat.

NUTRITION FACTS
Serving Size: 2 cups
Calories: 210
Carbohydrates: 22 g
Protein: 21 g
Fat: 4.5 g
Saturated Fat: 1 g
Sugars: 13 g
Dietary fiber: 4 g
Cholesterol: 55 mg
Sodium: 360 mg
Potassium: 720 mg

Source: diabetes.org
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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.