

DIABETES CARE

WE ARE HERE TO HELP YOU TAKE CHARGE OF YOUR HEALTH



Dear Member,

At Alameda Alliance for Health (Alliance), we are here to support you in living your best life with diabetes. As your health partner, we created this care book. We hope it helps you manage diabetes and stay healthy and active.

**Best of Health,
Alliance Health Programs**

CONTENTS

About Diabetes	3
Diabetes Care	8
Meal Planning	11
Exercise	15
Medicines	17
Blood Sugar Checks	20
Self-care from Head to Toe	29
Diabetes Health Checks	32
Emergency Planning	37
Action Plan	39



IN THIS CARE BOOK...

You will learn important basics of how to take care of diabetes. Diabetes care involves many aspects of your life. To manage your diabetes, you will need to know how to track your diabetes, what to eat, what medicines you take, and more. You will be working closely with your health care team on a care plan for you.

Caring for diabetes also takes good self-care from head to toe. Make diabetes care and healthy habits part of your lifestyle so you can feel better every day. **Please talk to your doctor or nurse if you have any questions or concerns.**

Read about how John and his health care team work to manage diabetes:

At each visit, John and his health care team look at his A1C test results, his blood glucose meter, and his blood sugar record to see if his treatment is working. At today's visit, John's A1C and blood sugar numbers are too high. John and his health care team talk about what he can do to get closer to his A1C and blood sugar goals. John decides he will be more active.

He will:

- *Increase his walking time to 30 minutes every day after dinner.*
- *Check his blood sugar in the morning to see if being more active improves his blood sugar.*
- *Call his doctor in one month for a change in medicine if his blood sugar levels are still too high.*

John and his doctor plan to test his A1C again in three months to see if his new care plan is working.



ABOUT DIABETES

Having **diabetes** means your blood sugar level is too high. Blood sugar is also called **glucose**.

This can happen when your body does not make enough insulin or use insulin as well as it should. **Insulin** is a hormone that controls blood sugar. It helps glucose move from your blood into your body's cells for energy. So if you don't have enough insulin or your cells don't respond well to insulin, the glucose stays in your blood.

WHAT IS DIABETES?

Type 2 diabetes is the most common type of diabetes. In type 2 diabetes, your body does not make enough insulin or use it as well as it should.

There are two other types of diabetes. In **type 1 diabetes**, your body makes no insulin. People with type 1 diabetes have to take insulin every day.

Gestational diabetes happens during pregnancy. Although most of the time it goes away after your baby is born, it can increase both the mother's and baby's chances of getting type 2 diabetes later in life.



WHO GETS TYPE 2 DIABETES?

Type 2 diabetes is more common in people who:

- Are from a family where others have diabetes.
- Are overweight.
- Are active less than three times a week.
- Have high blood pressure or cholesterol.
- Had diabetes during pregnancy (gestational diabetes) or a baby weighing 9 pounds (4 kilograms) or more at birth.
- Are African American, Hispanic or Latino American, Native American, Pacific Islander, or Asian American.



HOW CAN I PREVENT TYPE 2 DIABETES?

You can prevent diabetes through:

- **Weight loss.** Start making small changes to your eating and exercise habits. Even a small amount of weight loss can delay or prevent type 2 diabetes.
- **Eating healthy.** Choose vegetables, fruits, whole grains, and lean proteins. Limit processed foods high in sugar, fat, and salt.
- **Getting active.** Aim for 30 minutes of physical activity most days of the week. Limit the amount of time you spend sitting.

To learn more about our Diabetes Prevention Program (DPP), please contact:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

www.alamedaalliance.org/live-healthy/dpp

HOW DO I KNOW IF I HAVE DIABETES?

There are a number of signs and symptoms of diabetes:

- Blurred vision
- Constant hunger
- Dry or itchy skin
- Feeling very tired
- Infections
- Numbness or tingling in feet or hands
- Urinate (pee) a lot, often at night
- Very thirsty
- Weight loss without trying
- Wounds are slow to heal

Signs and symptoms of type 2 diabetes often take years to show up and can also be hard to notice. Many people don't notice any signs even though their blood sugar is high. If you have any of these signs or symptoms, please talk to your doctor.

SHOULD I GET TESTED FOR DIABETES?

You can be checked for diabetes with blood tests that you get from your doctor. People ages 35 to 70 who are overweight should be tested for diabetes. Your doctor may suggest testing before age 35 if you might be at greater risk for getting diabetes.

The most common types of blood tests are a fasting blood sugar test or an A1C test. You take the fasting blood sugar test in the morning before you have anything to eat or drink.



I WAS TOLD I HAVE DIABETES, NOW WHAT?

It can be overwhelming to learn that you have diabetes. A lot of people feel denial at first – thoughts like “I feel fine,” “I’m borderline,” or “I have a touch of sugar.” This is normal, and it can take some time to process and come to terms with a new diagnosis.

If you are in denial for too long without moving forward, it can prevent you from doing what you need to do to start feeling better sooner. Be aware of these feelings and find a way to express what you feel, or talk to others about it.



You’re not alone in your diabetes care. Talk to your doctor about how you feel and come up with a care plan for how to manage your diabetes. Join a class or support group to learn more about diabetes. You can also ask your friends and family to help you achieve your goals. Start simple with new changes and take it one step at a time. To connect with diabetes support, like classes and groups, please call Alliance Health Programs at **1.510.747.4577**.

DIABETES CARE

The goal of diabetes care is to keep your blood sugar (glucose) level as near to normal as you can.

Your diabetes care plan may include:



Testing your blood sugar and keeping a record of the results



Watching for signs for when your blood sugar is too high or low



Planning meals



Exercise



Taking medicine – insulin or pills



Good self-care habits



Knowing when to get help from your doctor



Classes or support groups



Getting health checks



Having a sick day plan

DIABETES CARE TEAM

Caring for diabetes is a team effort, and you're the most important person on the team. Other team members are there to support you in making lifestyle changes and help take care of your health.

Your diabetes care team might include these people:

Dentist	Takes care of your teeth.
Diabetes educator	Teaches you how to manage diabetes.
Dietitian	Helps you plan meals to manage your blood sugar.
Doctor or primary care provider (PCP)	Sees you for checkups and helps you connect with other health providers. Your PCP should be someone you trust and feel you can talk to about your concerns.
Endocrinologist	Gives expert advice in diabetes treatment. Not everyone needs to see this type of doctor.
Family and friends	Support you in your daily life.
Mental health provider	Helps you with your emotional well-being.
Nurse case manager	Helps you with your health care needs.
Ophthalmologist or optometrist	Takes care of your eyes.
Pharmacist	Explains your medicines.
Podiatrist	Takes care of your feet.

SUPPORT AND EDUCATION

Whether you are new to diabetes or have had it for a while, you can always get support and learn more. Ask your doctor or call Alliance Health Programs at **1.510.747.4577** about these types of supports:

- Case management to help you get the care you need.
- Classes to learn how to manage diabetes.
- One-on-one support to help you meet your goals.
- Support groups where you can share and learn with other people who have diabetes.



MEAL PLANNING



What you eat and drink can affect your blood sugar (glucose) levels. Even the amount of food you eat matters when it comes to diabetes. You will work with your health care team to create a diabetes meal plan that takes into account your goals, tastes, lifestyle, and medicines.

WHAT CAN I EAT?

You might worry that you can't eat certain foods with diabetes. The good news is you can still eat the foods you enjoy, but you might need to eat smaller portions or enjoy them less often.

Eating good food to stay healthy can still be fun and tasty. Eat a variety of healthy foods from all food groups and include foods you enjoy, in the amounts your meal plan outlines.

Below are some examples of healthy foods in each food group:

- **Fruits:** strawberries, apples, cantaloupe, mango
- **Vegetables:** tomatoes, collard greens, carrots, bok choy
- **Dairy:** nonfat or low fat milk, yogurt, cheese
- **Grains:** brown rice, oatmeal, and whole grain tortillas, bread, and cereal
- **Protein:** chicken, seafood, eggs, tofu, lean meat, beans





Try these switches to help you choose healthier options:

Instead of...	Try this!
Having a sugary drink	Add fresh fruit to flavor your water.
Having sweets	Try a fruit first.
Adding salt	Add flavor with herbs and spices.
Frying foods	Try baking, grilling, steaming, boiling, or other healthy cooking methods.
Cooking with butter, cream, shortening, or lard	Use oils that are liquid at room temperature, such as canola and olive oil.

HOW DOES MEAL PLANNING WORK?

A meal plan is your guide for when, what, and how much to eat. This helps you get the nutrition you need and control your blood sugar levels. Your health care team will help you figure out a meal plan that works for you.

There are two common meal planning methods that your health care team might use to explain to you how much you can eat.

Plate Method

The plate method helps you eat a variety of food groups and control your portion sizes.

On a 9-inch plate, the food groups would look like this:

- One half non-starchy vegetables (like salad, green beans, broccoli, and carrots).
- One quarter lean protein.
- One quarter carb foods. These include grains, fruit, or starchy vegetables (like potatoes, winter squash, corn, and peas). Milk also counts as a carb food.

Then choose water or a low-calorie drink such as unsweetened tea to go with your meal.





Carb Counting

Carb (carbohydrate) counting means keeping track of the amount of carbohydrates you eat and drink each day. Carbs increase your sugar levels more than other foods. Carbs are in foods like bread, tortillas, pasta, rice, fruit, milk, and sweets.

With this method, your health care team will work with you to decide how many carbs you can eat each day and at each meal and snack. You'll learn to count carbs based on the servings of foods you have and food labels.

Try to have carbs mostly from healthy foods, like fruit, vegetables, whole grains, beans, and low-fat and nonfat milk.

EXERCISE



Exercise is an important part of diabetes care and staying healthy.

Being active helps you:

- Control your blood sugar.
- Feel happier and reduce your stress.
- Improve your heart health.
- Maintain or reach a healthy weight.
- Prevent falls and improve memory.

HOW MUCH EXERCISE DO I NEED?

Work with your doctor to create an exercise plan. For most adults, the goal is to get at least 150 minutes per week (or a total of 2.5 hours) of physical activity that makes your heart beat faster and breathing harder. Try to fit in at least 30 minutes most days of the week. You can start slow by taking 10-minute walks, three times a day. Children should be active at least 60 minutes each day.

Also, work to increase your muscle strength twice a week. Do activities that work all major muscle groups. You can try weights, stretch bands, or exercises like sit-ups and push-ups.





HOW CAN I EXERCISE SAFELY WITH DIABETES?

Talk to your health care team before you start a new exercise routine. They can help you prepare to exercise safely and tell you a target range for your blood sugar levels. They can also suggest the best times of day for you to exercise based on your daily schedule, meal plan, and medicines.

Below are safety tips for people with diabetes:

- Drink plenty of water before, during, and after exercise.
- You may need to check your blood sugar before, during, and right after exercise. People who take insulin or certain other diabetes pills are more likely to have low blood sugar. Follow the plan from your health care team to exercise safely.
- When you exercise, wear cotton socks and athletic shoes that fit well and are comfortable.
- After exercising, check your feet for sores, blisters, or cuts. Call your doctor if your feet don't begin to heal after two days.

MEDICINES



Taking your medicines helps you meet your blood sugar goals and reduces your chances of heart disease and other problems. Your health care team will tell you what medicines you might need and how to take them. Make sure you know your plan so you can take your medicine the right way.



WHAT KINDS OF MEDICINES MIGHT I TAKE?

The medicine you take depends on what type of diabetes you have and your blood sugar levels, as well as other things like your medical history. Your medicine plan can change over time.

Some people with **type 2 diabetes** can manage their blood sugar with food and exercise. Many people also need diabetes pills or medicines you inject under your skin, such as insulin. In time, you may need more than one diabetes medicine to control your blood sugar.



People with **type 1 diabetes** must take insulin. You will need to take insulin several times during the day, including with meals. Most people use a needle and syringe, pen, or insulin pump to take insulin.

People with **gestational diabetes** (diabetes during pregnancy) often first try to control blood sugar with food and exercise if they can. If your blood sugar is very high or you can't reach your blood sugar goals, your health care team may prescribe insulin or the diabetes pill metformin.

WHAT DO I NEED TO KNOW ABOUT MY MEDICINES?

For each medicine you take, you should know:

- What you take
- When you take it
- Whether you need to take before or after meals
- Any foods, drinks, or medicines you should avoid
- When you should change your dose
- What to do if you forget to take it
- How to handle any side effects

KEEPING TRACK OF YOUR MEDICINES

It is very helpful to keep a list of all the medicines you take. This helps you keep track of your medicine plan and tells all of your health care team members what you're taking.

This is an example of a medicine list that you can download and print from the Live Healthy Library under "Diabetes" at www.alamedaalliance.org/live-healthy-library. You can also create a list like this to use.

When using a medicine list:

- Please list all medicine(s) you take. Include drugs, herbs, and supplements.
- Bring this list to every doctor, urgent care, or hospital visit, and to the pharmacy.
- Don't run out of medicine. Talk to your doctor and pharmacy when you need more.
- Ask your doctor or pharmacy if you have any questions or concerns about your medicines.

Medicine Name and Dose:	This medicine is for my:	When do I take it? How much?				Start Date:	Stop Date:
		Morning	Noon	Evening	Bedtime		
EXAMPLE: <i>Hydrochlorothiazide 25 mg</i>	<i>High blood pressure</i>	<i>1 white pill</i>				<i>1/1/2021</i>	<i>NONE</i>

BLOOD SUGAR CHECKS



Blood sugar (glucose) checks tell you how well you're doing with your blood sugar level goals. You'll be able to see what makes your numbers go up or down and work with your care team to make any changes you need to your care plan.



HOW DO I CHECK BLOOD SUGAR LEVELS?

There are two ways to measure blood sugar:

- **Blood sugar checks** that you do yourself with a meter. These numbers tell you what your blood sugar level is at the time you test.
- **A1C test** that you do at your doctor's office or a lab. The A1C test tells you your average blood sugar over the past three months. You'll need to get this test at least twice a year.

WHEN DO I NEED TO CHECK?

Talk to your doctor about when and how often to check your blood sugar levels. The number of times you check depends on the type of diabetes you have and if you take medicine. People who take insulin might need to check more often.

WHAT'S MY BLOOD SUGAR GOAL?

Discuss your blood sugar goal or target with your doctor. You'll have blood sugar targets for different times of the day. Typically the goal for blood sugar before meals is between 80 and 130, and after meals is less than 180, but yours might differ. Ask your doctor what blood sugar level is high risk for you and when you should call for advice or get help.

People have different A1C goals. Most people with diabetes have a goal below 7 percent. You and your doctor will work to set your own A1C goal.

HOW DO I USE A BLOOD SUGAR METER?

There are many different kinds of meters, but most of them work the same way. Ask your health care team to show you and someone who helps to care for you how to use your meter.

Some people use a continuous glucose monitoring (CGM) system, where a tiny sensor under the skin measures blood sugar every few minutes. This is useful for people who use insulin and have problems with low blood sugar. People with CGM still use a blood sugar meter to check their sugar levels.



GUIDE TO USING A BLOOD SUGAR METER

Getting Ready

1. Wash your hands with warm water and soap for at least 20 seconds then rinse and towel dry.
2. Get your supplies:
 - Your meter
 - Test strips
 - Lancing device
 - Needle, often called a lancet
 - Needle disposal or sharps container
3. Open the lancing device and put a needle in. Take the cap off the needle. Do not touch the needle.
4. Put the cover back on the device. Set the spring on the device so it is ready to be used to poke through your skin.
5. Get a test strip out of the bottle or package. Put the cap back on the bottle.
6. Put the strip in the meter. This will turn the meter on.
7. When the test strip symbol flashes on the screen, the meter is ready for a drop of blood.



Checking Your Blood Sugar

1. Pick up the lancing device and put it against the side of one of your fingers.
2. Push the button on the device to release the needle. You will feel the needle stick. Set the device down.
3. Squeeze your finger at its base to get a large drop of blood.
4. Where you put the blood on the test strip depends on the type of strip you have:
 - Touch the end of the test strip to the drop of blood, or
 - Put the blood drop on the test area of the strip.
5. Be sure that the test area on the strip fills completely with blood.
6. The meter will time the test and then your blood sugar number will show on the screen.
7. Write your blood sugar number in your log book or blood sugar diary.



Cleaning Up the Supplies

1. Remove the test strip and throw it away in your needle disposal (sharps) container.
2. Remove the needle from the device. Throw the needle into your needle disposal container.
3. Put your supplies away. Store the needle container away from children and pets.



BLOOD SUGAR TRACKING

You can use a blood sugar log or a phone app to track your blood sugar numbers. A blood sugar log helps you and your health care team see patterns in your blood sugar and decide what changes you might need to make to your care plan. Ask your doctor when and how many times a day you should check your blood sugar.

Below is an example of a blood sugar log that you can download and print from the Live Healthy Library under “Diabetes” at www.alamedaalliance.org/live-healthy-library. You can also use a notebook or calendar to write down your numbers.

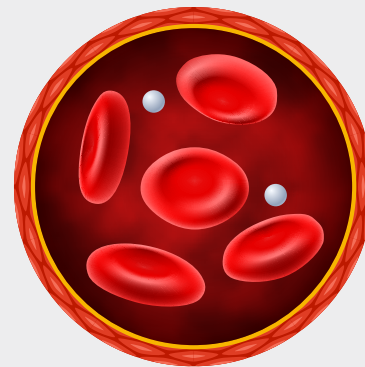
	DAY 1		DAY 2		DAY 3	
	Blood Sugar	Units of Insulin	Blood Sugar	Units of Insulin	Blood Sugar	Units of Insulin
Before breakfast						
After breakfast						
Before lunch						
After lunch						
Before dinner						
After dinner						
At bedtime						
Overnight						



Hyperglycemia
(High blood sugar)



Normal Level



Hypoglycemia
(Low blood sugar)

HIGH BLOOD SUGAR

High blood sugar, also known as hyperglycemia (hy·per·gly·see·mee·uh), means your blood sugar level is higher than your target level or over 180.

You may not feel any signs of high blood sugar, but damage can happen in your body. Very high blood sugar can lead to life-threatening problems like diabetic ketoacidosis (ke·to·a·ci·do·sis), where the body produces excess acids called ketones. High blood sugar over the years can damage the eyes, kidneys, blood vessels, heart, nerves, and feet.

The most common reasons for high blood sugar are:

- Eating foods high in sugar or carbohydrates
- Eating too much food
- Missed, skipped, or delayed diabetes medicine
- Not taking enough insulin or diabetes pills

High blood sugar can get worse because of stress, infection or illness, certain medicines such as steroids, and pregnancy.

Symptoms of high blood sugar

Some symptoms of high blood sugar are:

- Blurred vision
- Extreme thirst
- Feeling very tired
- Needing to urinate (pee) more often

What to do about high blood sugar

Follow your diabetes care plan and talk to your doctor if you have symptoms of high blood sugar or if you see a pattern of high blood sugar. You may need to take medicine to control your blood sugar, or you may need to change how you eat and exercise.



LOW BLOOD SUGAR

Low blood sugar, also known as hypoglycemia (hy·poh·gly·see·mee·uh), means your blood sugar is lower than 70. It is more common in people with type 1 diabetes or who take insulin or certain diabetes pills.

Low blood sugar is dangerous and should be treated right away. Carry supplies for treating low blood sugar with you.

The cause of low blood sugar is not always known but may be from:

- Meals that are skipped or delayed
- Not eating enough food
- Too much exercise or unplanned exercise
- Too much insulin or diabetes pills

Symptoms of low blood sugar

If you feel shaky, sweaty, tired, or very hungry, check your blood sugar. Even if you feel none of these symptoms but think you may have low blood sugar, check it.

What to do about low blood sugar

1. If your meter shows that your blood sugar is lower than 70 or if you have symptoms of low blood sugar, do one of these things right away:

- Chew 3 or 4 glucose tablets or pieces of hard candy
- Drink 4 ounces or 1/2 cup of fruit juice or soda (not diet or sugar-free)
- Drink 1 cup of milk
- Take 1 tablespoon of sugar



2. After taking one of these treatments, wait for 15 minutes, then check your blood sugar again. Repeat these steps until your blood sugar is 70 or above.

3. After your blood sugar gets back up to 70 or more, eat a snack if your next meal is 1 hour or more away.

Try one of these:

- Half a sandwich and 1 cup of milk, or
- 3 crackers, 2 ounces of cheese, and a small apple.



If you often have low blood sugar, check your blood sugar before driving and treat it if it is low.



HOW DO I GET TO MY BLOOD SUGAR GOALS?

You and your health care team can work together on your blood sugar goals. If you're having trouble reaching your blood sugar goals, you might need some changes to your care plan. **Call your health care team if your blood sugar is often too high or too low.**

Below are some other tips:

- Check and record your blood sugar levels as many times a day as your health care team suggests.
- Take your blood glucose meter and record to your health care visits.
- Follow your meal plan. Eat meals and snacks at the same time each day. Do not miss or delay meals.
- Exercise regularly.
- Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.

SELF-CARE FROM HEAD TO TOE



Take care of yourself every day from head to toe to feel good and stay healthy.

MENTAL HEALTH

Diabetes can affect your emotional well-being. How you feel can make diabetes harder to manage. If either your diabetes or how you feel improves, the other tends to get better too.

Tips for mental health:

- **Reduce your stress.** Practice ways to reduce stress. Try deep breathing, keeping a journal, taking a walk, doing yoga, doing a hobby, or listening to music. Take breaks to do things you enjoy.
- **Get enough sleep.** This helps improve your mood and energy level. If you think you might have a sleep problem, talk to your doctor.
- **Get support.** Talk to the people around you and your health care team about how you're feeling. It's common to feel sad, overwhelmed, distressed, or angry when living with diabetes. If these feelings are hard to cope with or don't go away, get in touch with your doctor or mental health provider right away for help.



DENTAL HEALTH

Diabetes can lead to problems in your mouth, like gum disease, tooth decay, and dry mouth. Keeping your mouth healthy can also help with diabetes.

Tips for dental health:

- **Keep your teeth clean.** Brush twice a day with fluoride toothpaste and floss once a day. If you wear dentures, remove and clean them daily.
- **Get help for any problems.** Call your dentist right away if you notice any problems with your mouth, teeth, or gums. If you wear dentures, tell your dentist if you notice any discomfort.



HEART HEALTH

The healthy habits you have for diabetes also help keep your heart healthy. High blood sugar from diabetes can damage blood vessels and increase your risk of heart disease.

Tips for heart health:

- **Eat healthy.** Eat more fruits and vegetables, lean proteins, and whole grains. Limit processed foods, sugary drinks, and alcohol.
- **Get moving.** Find ways you enjoy to get your heart rate up. All you need is 30 minutes most days of the week. Children should be active for 60 minutes every day. Remember, you do not have to do it all at once.
- **Don't smoke.** If you smoke, you can work with your doctor to make a quit plan or call Kick It California (formerly California Smokers' Helpline) toll-free at **1.800.300.8086**.





FOOT HEALTH

Diabetes can cause foot problems because of nerve damage and poor blood flow. Small problems can become serious if they aren't treated early.

Tips for foot health:

- **Take care of your feet daily.** Wash your feet with soap and warm water and dry them well. Afterwards, if you need to you can trim toenails straight across and smooth the edges with an emery board.
- **Check your feet.** Do a daily check for cuts, blisters, red spots, and swelling. You can use a mirror to help see the bottom of your feet.
- **Wear shoes and socks at all times.** Never go barefoot, even inside. Wear shoes that fit well and protect your feet.
- **Keep blood flowing.** Be more active to get your blood flowing. When you are sitting, put your feet up and wiggle your toes and move your ankles for a few minutes.

DIABETES HEALTH CHECKS



There is a lot to do to manage diabetes, from daily care you do yourself to lab tests and visits with your health care team. Use this list to stay on schedule with your diabetes health checks throughout the year.

Need help finding health care?

Please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):
711/1.800.735.2929





EVERY 3 MONTHS

A1C Test

The A1C test is a simple blood test that measures your average blood sugar levels over the past three months. If your treatment has changed or if you are having trouble meeting your blood sugar goals, have this test every three months.

Doctor Visit

If you are having trouble meeting your treatment goals, visit your doctor every three months.

At your visit, your doctor will:

- Check your blood pressure and weight.
- Review your care plan and medicines.
- Check your feet if you've ever had foot problems from diabetes.

EVERY 6 MONTHS

Dental Exam

Get your teeth and gums cleaned twice a year. Let your dentist know that you have diabetes.

A1C Test

If you are meeting your treatment and blood sugar goals, have this test every six months.

Doctor Visit

If you are meeting your treatment goals, visit your doctor every six months.

EVERY YEAR

Flu Shot

Make sure to get a flu shot every year.

Kidney Tests

Get blood and urine tests once a year to check for kidney problems.

Cholesterol Test

Cholesterol is a waxy substance that can build up in blood vessels and put you at risk for heart disease. Get your cholesterol checked with a simple blood test.

Dilated Eye Exam

A dilated eye exam checks for eye diseases. You may need an eye exam more often if you have eye problems from diabetes.

Complete Foot Check

You may need a foot check more often if you have ever had foot problems from diabetes.

AT LEAST ONCE

Pneumonia Shot

Get a pneumonia shot as an adult before you are 65. When you are 65 or older, you will need one more shot.

Hepatitis B Shot

Get a hepatitis B shot if you are 60 or younger and have not had the shot before. Talk to your doctor about getting the shot if you're over 60.

AS NEEDED

Mental Health Check

Let your doctor know right away if you are feeling sad or hopeless so you can get help.

New Symptoms or Health Problems

If you notice new health problems or if current problems are getting worse, call your doctor right away to get them checked out.

DIABETES CARE RECORD

Write down the date and results for each test or checkup you get. Take your record to your health care visits and show it to your health care team. Talk about your goals and how you are doing.

You can use the chart below to record your results. Download and print more copies from the Live Healthy Library under “Diabetes” at www.alamedaalliance.org/live-healthy-library. You can also create a list like this to use.

A1C – At least twice each year				My goal:
Date				
Result				
Blood Pressure (BP) – At each visit				My goal:
Date				
Result				
Cholesterol – Once each year				My goal:
Date				
Result				

Each Visit	Date	Result
Foot check		
Review self-care plan		
Weight check		
Review medicines		
Once a Year	Date	Result
Dental exam		
Dilated eye exam		
Complete foot exam		
Flu shot		
Kidney check		
At Least Once	Date	Result
Pneumonia shot		
Hepatitis B shot		

EMERGENCY PLANNING



When living with diabetes, it's a good idea to be prepared for emergencies like sick days and natural disasters.

BE PREPARED

Make sure you have a supply that will last several weeks of insulin, other diabetes medicines, and foods that are easy to prepare. Include foods and drinks with carbohydrates, like fruit juice, crackers, and applesauce.

SICK DAYS

Talk to your doctor about the best way to handle being sick if it happens. If you get sick, your blood sugar can be hard to manage.

Your sick day plan should include:

- How often to check your blood sugar.
- Whether you should check for ketones.
- Whether you should change your usual dose of medicines.
- What to eat and drink.
- When to call your doctor or go to the emergency room.

Go to the emergency room if any of these occur:

- You're having trouble breathing.
- You have dangerously high blood sugar levels.
- Your blood sugar is lower than 60.
- You feel too sick to eat normally and are unable to keep down food for more than 24 hours.
- Your temperature is over 101 degrees F for 24 hours.
- You are not thinking or acting normally. Have someone else call your doctor or take you to the emergency room.



NATURAL DISASTERS

Losing power, having to leave your home, or other challenges during a natural disaster make it hard to manage diabetes.

Tips for natural disasters:

- Make a plan and put together an emergency diabetes kit with your health information and supplies that you can take with you.
- Wear or carry a medical ID so people know you have diabetes.
- Keep something with sugar with you at all times, in case you need to treat low blood sugar.

To learn more about being prepared for disasters and download a disaster checklist, visit www.diabetesdisasterresponse.org (English, Spanish).

ACTION PLAN

Ready to start working on changes to control your blood sugar?

Create an action plan and write down your goals.

I will ask my doctor

- What is my A1C goal? _____
- What is my blood sugar goal before meals (testing at home)? _____
- What is my blood sugar goal at bedtime (testing at home)? _____

I will work on the following three goals over the next two weeks to control my blood sugar.

1. _____
2. _____
3. _____

Note: Pick things that you can do. For example, I will add a vegetable to each meal.

Here are 3 people who can help me do these things (e.g., friend, co-worker, doctor).

1. _____
2. _____
3. _____

My main reasons to keep my blood sugar in a good range.

1. _____
2. _____
3. _____

I WILL REVIEW THIS PLAN IN TWO WEEKS.

First review date: _____

1. At this time I will see what is working and what is not.
I will change what is not working.
2. I will reward myself for what I have been able to do.
My reward will be _____.
3. I will keep working on my goals for 10 more weeks.
It takes about three months to make any behavior change a habit.
4. I know that my goals will change over time.
I will write out a new plan at least every three months.
I will place my action plan where I will see it often.



I can do this!

Signature: _____ Date: _____

DIABETES CARE
journal

*Please use this section to take notes about
your progress and any questions that
you want to ask your doctor.*

“No one is ever strong enough that they don't need help.”

– Cesar Chavez





Do you need more support? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org