

LIVESMART

# MANAGING DIABETES STARTS NOW.

CREATE YOUR PLAN TO IMPROVE YOUR HEALTH AND LIVE BETTER.



## DIABETES TODAY

PREVENT | MANAGE | THRIVE

### WHAT IS DIABETES TODAY?

Diabetes Today is a diabetes management program that helps ONI affiliate employees and family members more successfully manage or prevent diabetes. Provided at no charge, this program connects you with a LIVESMART Diabetes Educator who will create a plan to better manage blood glucose and overall health through meal planning, physical activity, monitoring and medication adherence.

### GETTING STARTED

- 1. ENROLL IN DIABETES TODAY**  
Complete an enrollment form with your LIVESMART Health Coach onsite or through LIVESMART (Online, Phone, Email)
- 2. ENGAGE IN SUPPORT**  
Your LIVESMART Diabetes Educator will reach out to you and will assist you in managing your diabetes and monitoring your progress by connecting 4-6 times throughout the year.  
**You will receive:** Diabetes Education Materials, a personalized meal plan, and exercise plan
- 3. EXPERIENCE RESULTS**  
Through participation in the program you may enjoy not only improved quality of life but also ...  
Better managed daily blood glucose (sugars) | Reduced A1c value | Reduced risk of complications

\*The information found in this guide does not take the place of the advice from your health care provider.

# STEPS TO MANAGING DIABETES TODAY

Begin your journey to better health by following these 9 steps to manage your diabetes.



## 1. ACKNOWLEDGE YOUR DIABETES

Diabetes does not define you, but you do need to be proactive to keep it under control.

### YOUR ACKNOWLEDGEMENT...

“When I first learned I had diabetes, I was overwhelmed and upset.  
By accepting my diabetes and learning how to manage it,  
*I will take charge of my health and my future.*”



## 2. KNOW YOUR NUMBERS

Understand that your diabetes health numbers include A1c, blood pressure, cholesterol, blood glucose, etc.

**A1C:**  
SHOULD BE LESS  
THAN 7%

**BLOOD  
PRESSURE:**  
SHOULD BE  
BELOW 130/80

**CHOLESTEROL:**  
LDL SHOULD BE  
BELOW 100

**GLUCOSE:**  
BEFORE MEALS:  
70-130MG/DL  
AFTER MEALS:  
<180MG/DL



## 3. TALK WITH YOUR HEALTH CARE PROVIDER

Discuss your diabetes with your health care provider and decide if oral medication, insulin, or monitoring with diet & exercise is best for you.

### CHECK IN WITH YOUR HEALTH CARE PROVIDER:

#### CHECK YOUR...

A1c  
Eyes & Microalbumin & Lipid Panel  
Flu Shot  
Pneumonia shot  
Feet

#### WHEN?

Every three to six months  
Annually  
Annually  
At least once, then as directed by your health care provider  
Each office visit

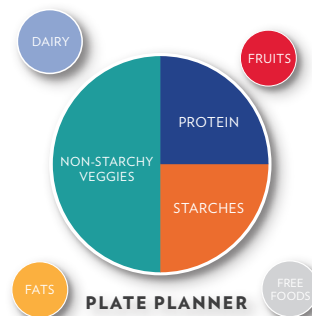


## 4. PLAN MEALS

What you eat, how much you eat and when you eat can all impact your blood glucose. Following a healthy eating plan can assist in managing your diabetes.

### HEALTHY EATING GUIDELINES

- Eat a variety of healthy foods
- Avoid skipping meals, try to eat something every 4-5 hours
- Eat at least 3 times throughout the day
- Balance your intake of carbohydrate, protein, non - starchy vegetables and fats using the plate planner
- Limit intake of concentrated sweets and sweet drinks



## 5. BE ACTIVE

Physical Activity can assist in managing blood glucose while also managing weight, blood pressure, cholesterol levels and stress. Consult with your health care provider before beginning an exercise program.

- Always warm up and cool down for 5-10 minutes
- Aim for 30 minutes a day for 5 days per week of cardiovascular exercise (walking, swimming or biking)
- Add in resistance training for the greatest benefit
- Check your blood sugar before and after you exercise (between 100mg/dl and 240 mg/dl)
- Wear medical identification and carry a mobile phone
- Watch for signs of low blood sugar & carry low blood sugar treatment such as hard candy or glucose tablets
- Don't inject insulin into an area of the body you will use during exercise



## 6. MONITOR YOUR GLUCOSE

Is a powerful tool you have to be able to know your blood glucose levels on a daily basis.

### TARGET RANGES FOR BLOOD GLUCOSE:

Before Meals: 70-130 mg/dl | After Meals: less than 180 mg/dl

### POSSIBLE CAUSES FOR LOW BLOOD GLUCOSE (HYPOGLYCEMIA):

- Skipping or delaying a meal
- More activity than usual
- Drinking alcohol without eating
- Taking diabetes medications

### POSSIBLE CAUSES FOR HIGH BLOOD GLUCOSE (HYPERGLYCEMIA):

- Eating more carbohydrates than needed
- Being sick
- Increased stress
- Less activity than usual
- Skipping diabetes medication
- Certain medications such as steroids

# STEPS IN MANAGING DIABETES TODAY



## 7. KNOW YOUR MEDICATIONS

In addition to healthy eating and physical activity, you may need medication to manage your blood glucose. Knowing the medications you take and how they work will assist in managing diabetes.

**Oral medications** are not insulin, but work with the liver, muscles, intestines and pancreas to lower blood glucose.

**Insulin is injected** or sometimes inhaled to lower blood glucose. Insulins differ by how fast they work and how long they last.

### MEDICATION GUIDELINES:

- Take your medication as prescribed
- Develop a daily medication routine
- Discuss any concerns with your health care provider and/or pharmacist

Diabetes is a progressive disease and oftentimes medications will need to be adjusted over time. Keep open communication with your physician regarding blood sugar control and medication side effects.



## 8. CONNECT WITH OTHERS

Find a friend, relative, or support group who will listen to your frustrations and concerns and encourage you.

### COMMUNITY FORUMS:

<http://www.tudiabetes.org/>  
<https://www.diabetesdaily.com/>

### LIVESMART SUPPORT:

As you strive to live a healthier life with your diabetes, Utilize your LIVESMART educator and the website.



## 9. LIVE A HEALTHY LIFE!

By taking an active role in your health and diabetes, you will gain greater insight into your body and how to live the healthiest and fullest life possible.

**Find a Diabetes Educator in your Area:** [www.diabeteseducator.org/patient-resources/find-a-diabetes-educator](http://www.diabeteseducator.org/patient-resources/find-a-diabetes-educator)

**Overview of Diabetes:** [www.niddk.nih.gov/HEALTH-INFORMATION/DIABETES#topics](http://www.niddk.nih.gov/HEALTH-INFORMATION/DIABETES#topics)

**Meal Planning/ Recipes:** [www.diabetes.org/food-and-fitness/food/](http://www.diabetes.org/food-and-fitness/food/)

For more information or to register:  
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