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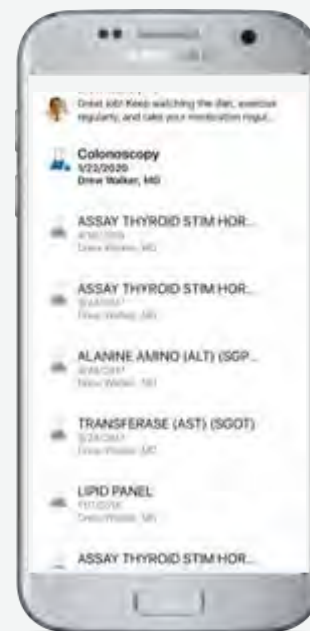
Request prescription refills

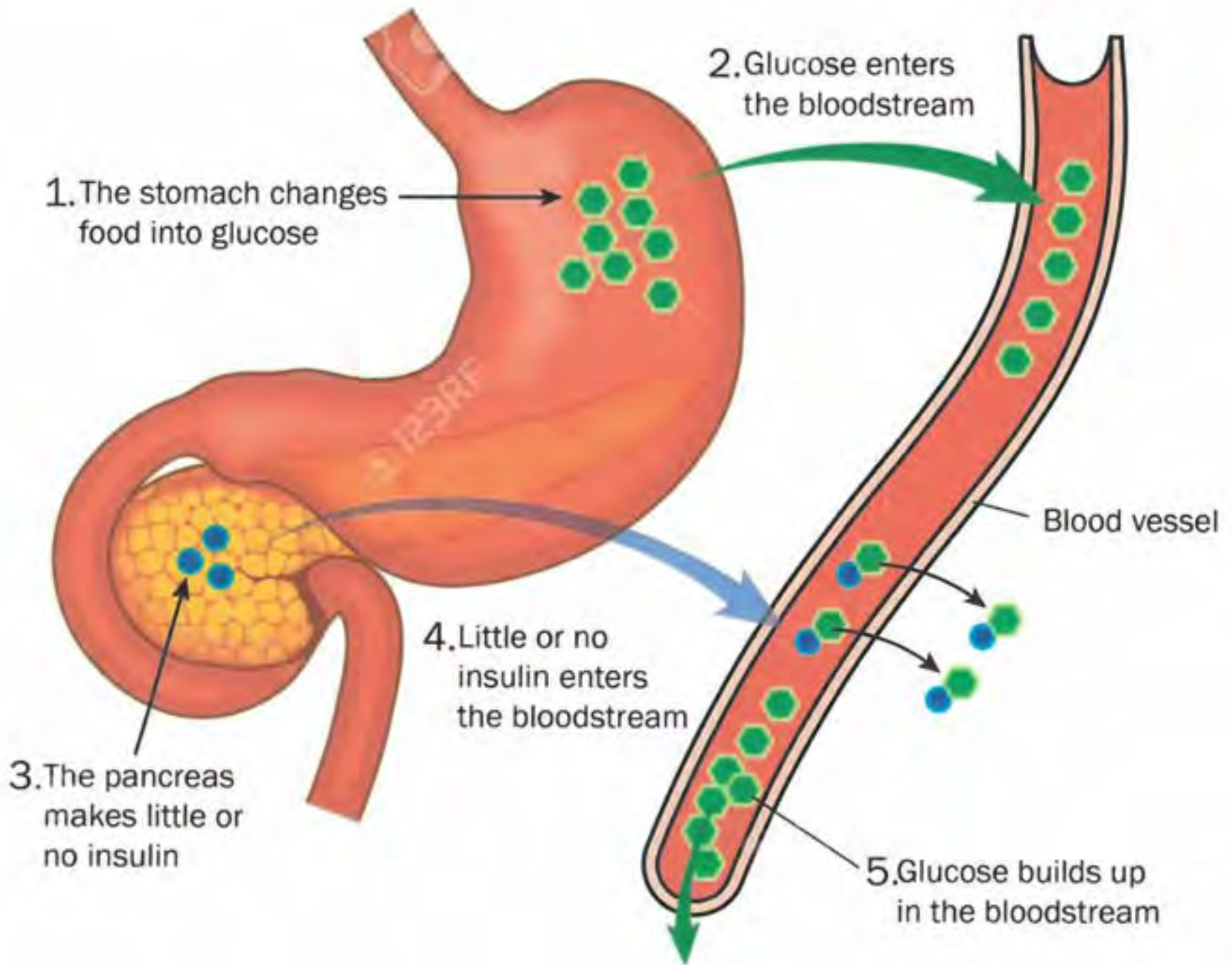
Send a refill request for any of your refillable medications



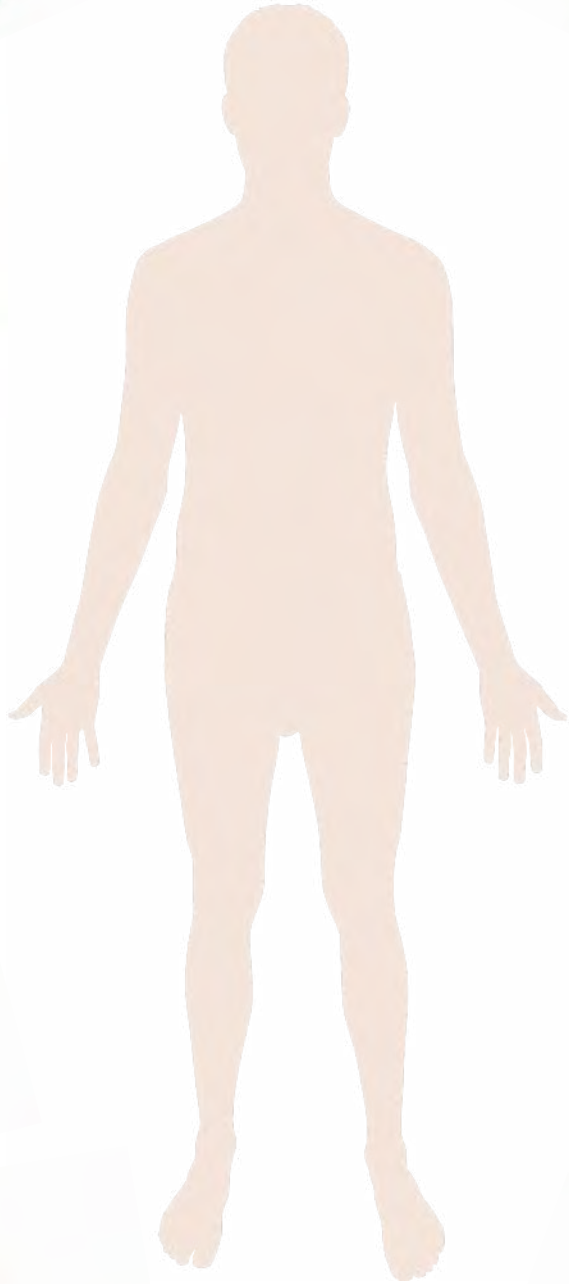
Manage your appointments

Schedule your next appointment, or view details of your past and upcoming appointments





Diabetes Complications



DIABETES CARE MANAGEMENT



HEALTHY EATING



BEING ACTIVE



REDUCING RISKS



MEDICATIONS



PROBLEM SOLVING



MONITORING



HEALTHY COPING

What is my A1C?

- It is a blood test that monitors your blood sugar levels for the last 3 months
- It helps determine your risks for other health problems due to diabetes

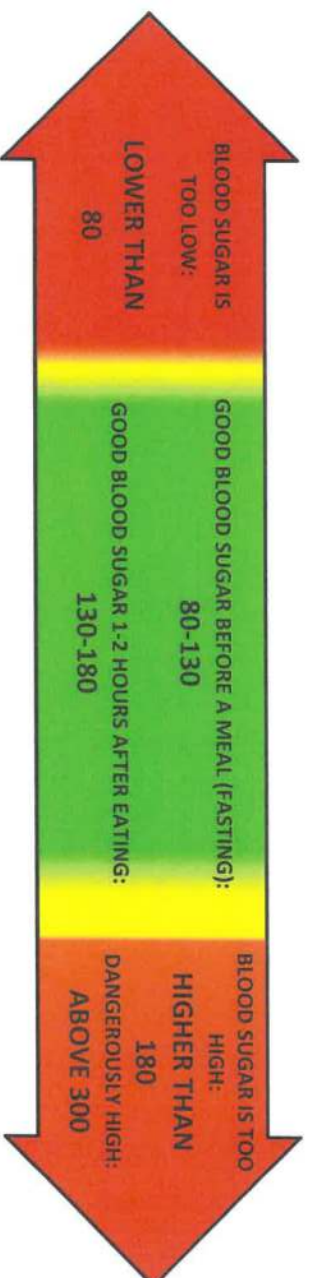
The following chart shows you the different ranges and what your risks are in each range

| Glucose Levels Chart | A1C every 3 months | AVERAGE DAILY LEVELS |
|--|-------------------------------|---------------------------------|
| SEVERELY ELEVATED LEVELS Risk of serious complications such as heart attack, stroke, blindness kidney failure, amputations, more | 13 | 380 |
| | 12 | 345 |
| | 11 | 310 |
| | 10 | 275 |
| UNCONTROLLED LEVELS | 9 | 240 |
| | 8 | 205 |
| | 7 | 170 |
| NORMAL LEVELS | 6 | 135 |
| | 5 | 100 |
| | 4 | 65 |

DAILY BLOOD SUGAR RANGES

The following chart shows what the daily ranges of your blood sugar should be. Your healthcare provider will work with you to develop a plan to help you achieve better blood glucose control

Please refer to the HYPOGLYCEMIA & HYPERGLYCEMIA handouts to review what you should do in case your blood sugar is too LOW or too HIGH



High blood sugar (Hyperglycemia)

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems.

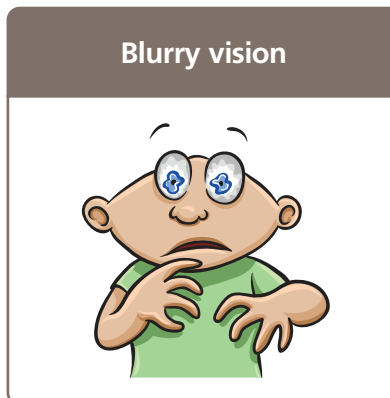
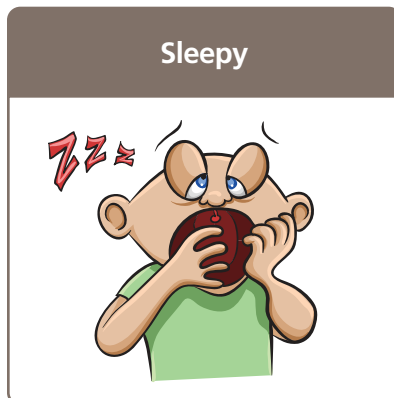
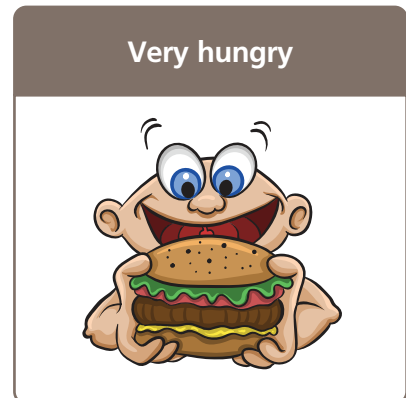
High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

High blood sugar can also happen as your diabetes changes over time.

Signs and Symptoms

Here's what may happen when your blood sugar is high:



Or you may have no symptoms at all.

High blood sugar (Hyperglycemia)

What to do about high blood sugar

Follow

The best way to avoid high blood sugar is to follow your diabetes care plan:

Take your medicines as directed



Follow your meal plan



Follow your physical activity plan



Call

Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.



Check



The best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

For more information, visit
[Cornerstones4Care.com](https://www.Cornerstones4Care.com)

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Low blood sugar (Hypoglycemia)

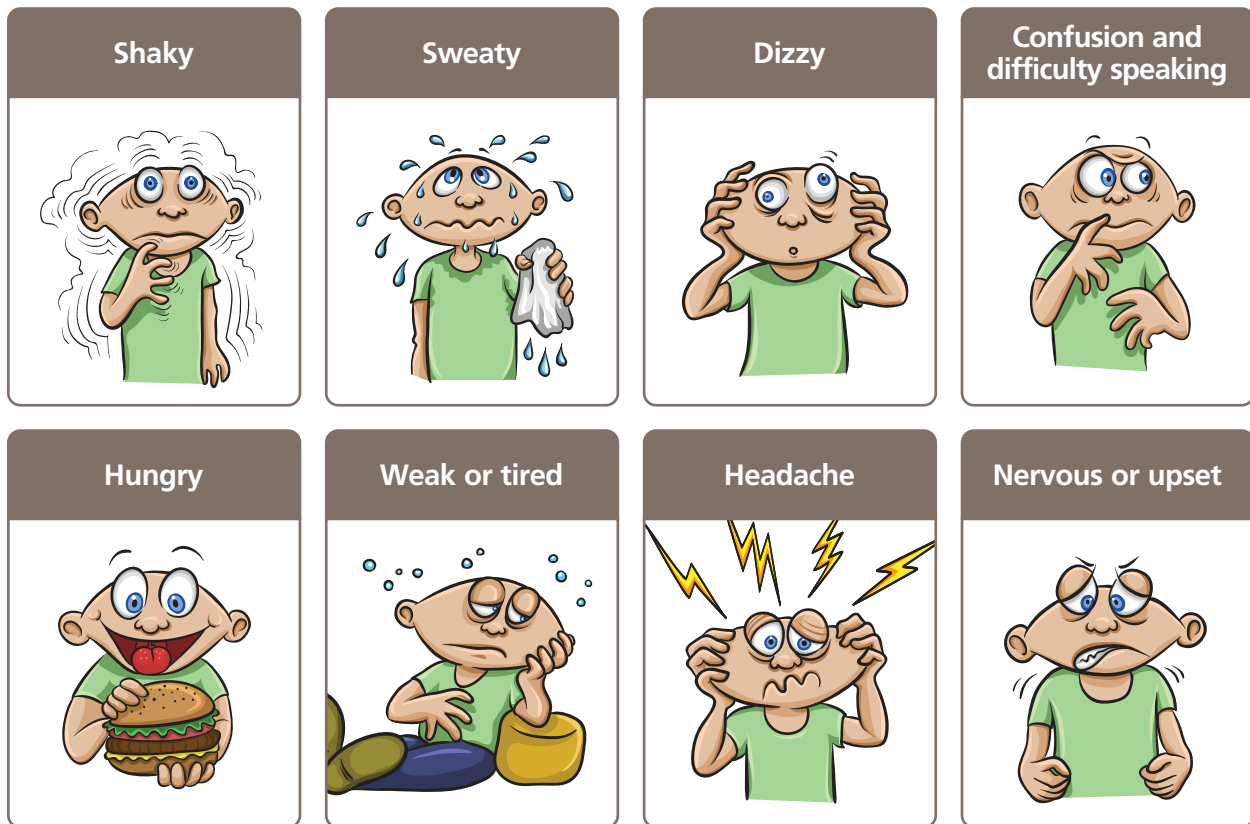
Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food

Signs and Symptoms

Here's what may happen when your blood sugar is low:



Or you may have no symptoms at all.

**If low blood sugar is not treated, it can become severe and cause you to pass out.
If low blood sugar is a problem for you, talk to your doctor or diabetes care team.**

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check



Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.

Treat

Treat by eating or drinking **15 grams** of something high in sugar, such as:



4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)



4 glucose tablets or 1 tube of glucose gel



4 ounces (½ cup) of regular soda pop (not diet)

1 tablespoon of sugar, honey, or corn syrup



2 tablespoons of raisins

Wait



Wait **15 minutes** and then check your blood sugar again:

- If it is still low, eat or drink something high in sugar again
- If your next meal is more than an hour away, eat a snack to keep your low blood sugar from coming back

For more information, visit [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

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DIABETES AND YOU:

Healthy Feet Matter!

It is important to take good care of your feet when you have diabetes. Did you know that diabetes can harm your feet? The good news is that you can take steps to help keep your feet healthy. The tips below will get you started.

Tips to Keep Your Feet Healthy

1. **Have a podiatrist check your feet at least once a year.**
 - Work with your podiatrist to create a foot care plan to help you take care of your feet.
 - Ask your podiatrist if you qualify for special shoes. These might be covered by Medicare or other insurance plans.
 - Ask your podiatrist to send your exam results to your other doctors after every visit.
 - Be sure to keep your next podiatrist appointment!
2. **Check your feet every day.**
 - Set a time every day to look at your bare feet for calluses, cuts, sores, blisters, red spots, and swelling.
 - Use a mirror to check the bottoms of your feet if you have trouble seeing your feet. You can also ask a family member to help you.
3. **Wash your feet every day.**
 - Use warm water, not hot, to wash your feet. Do not soak your feet.
 - Always check bath water with your hands first to make sure it is not too hot. Sometimes people with diabetes cannot feel how hot the water is with their feet.
 - Dry your feet well. Be sure to dry between the toes.



How Can Diabetes Harm Your Feet?

- Diabetes is the main cause for nontraumatic loss of a toe, foot, or leg. Almost half of these cases could be prevented with daily foot care.
- People who have diabetes can lose feeling in their feet. When that happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot.
- Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can lead to foot problems.

What Is a Podiatrist?

A podiatrist is a medical doctor who specializes in finding and treating foot and ankle problems.

4. **Keep the skin soft and smooth.**

- Rub a thin coat of lotion over the tops and bottoms of your feet.
- Do not put lotion between your toes. Wetness between your toes can cause an infection.





5. Check with a podiatrist about the best way to trim your toenails and to care for corns and calluses.

- Over-the-counter products for corns and calluses or sharp objects may harm your skin. Do not use them.
- Wear shoes and socks at all times.

6. Do not walk barefoot. It is easy to step on something and hurt your feet.

- Wear shoes that fit well and protect your feet.
- Check inside your shoes before you put them on to make sure the lining is smooth and there are no objects in them.

7. Protect your feet from hot and cold.

- Wear shoes at the beach and on hot pavement.
- Do not use hot water bottles or heating pads on your feet. You may burn your feet.

8. Keep the blood in your feet flowing.

- Put your feet up on a chair, couch, or footrest when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day.
- Do not cross your legs for long periods of time.



To-do List for Healthy Feet

- Have a podiatrist examine your feet at least once a year.
- Keep your next podiatrist appointment.
- Ask your podiatrist to send your test results to your other doctors after every visit.
- Ask your primary care provider to check your feet at every visit.
- Check your feet every day.
- Keep your blood sugar at a healthy level.

Manage Your ABCs!

Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol—also known as the **ABCs** of diabetes. Teach your family about your diabetes and the **ABCs** so they can help you, too.

- **A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- **Bloodpressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.
- **Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.
- **Don't smoke:** Call 1-800-QUIT-NOW (1-800-784-8669) for support.

National Diabetes Education Program

For more information, call 1-800-CDC-INFO (800-232-4636)

or TTY 1-888-232-6348 or visit www.cdc.gov/info.

To order resources, visit www.cdc.gov/diabetes/ndep.



S

Specific

What do you want to accomplish?

M

Measureable

How will you know when you have accomplished your goal?

A

Attainable

Is it realistic and attainable?

R

Relevant

Is this goal worth working hard for? Explain

T

Time-Specific

By when will the goal be accomplished?

RESOURCES

OBSTACLES

★ Change does not happen overnight. Trust the process

★ Start slow, then evaluate. Can you improve?

★ Find a buddy, someone to keep you accountable

★ Give it at least 3 weeks to make your goal a habit

★ Keep track of your success and challenges. Be proud!

3 R

Strategy to Improve Eating Habits

REFUSE

What foods can you eliminate from your diet?









REDUCE

What foods can you eat less of?









REPLACE

What foods can you replace with healthier options?









Simple Guide to Carbohydrates

Carbohydrates (Carbs) provide most of the body's energy (glucose or Blood Sugar). There are 3 types: Starches, Sugars, Fiber

STARCHES



Starchy foods include bread, pasta, rice, couscous, potatoes, cereals, oats and other grains like rye and barley.

- Whole grains are rich in fiber, vitamins, and minerals
- "Refined Grains" are processed to remove the most nutritious outer layers that contain vitamins and minerals.
- These nutrients are added back individually and are labeled as "Enriched"

SUGARS



Sugars can be naturally occurring or Added to foods:

- Natural Sugars can come from:
 - milk (Lactose) and fruits (Fructose)
 - have health benefits like fiber and antioxidants.
- Added Sugars can be found in:
 - soda, sweets and baked goods
 - provide empty calories: do not have any nutrients

FIBER



Dietary fiber passes through your digestive tract carrying a lot of bad stuff out with it. Some benefits of Fiber are:

- Keeps us feeling full, longer
- Helps lower cholesterol
- Can improve your digestion
- Can help you manage your blood sugar
- Can help reduce your risk of heart disease
- Keeps glucose levels elevated longer, producing a more lasting elevation in energy.

What to eat?

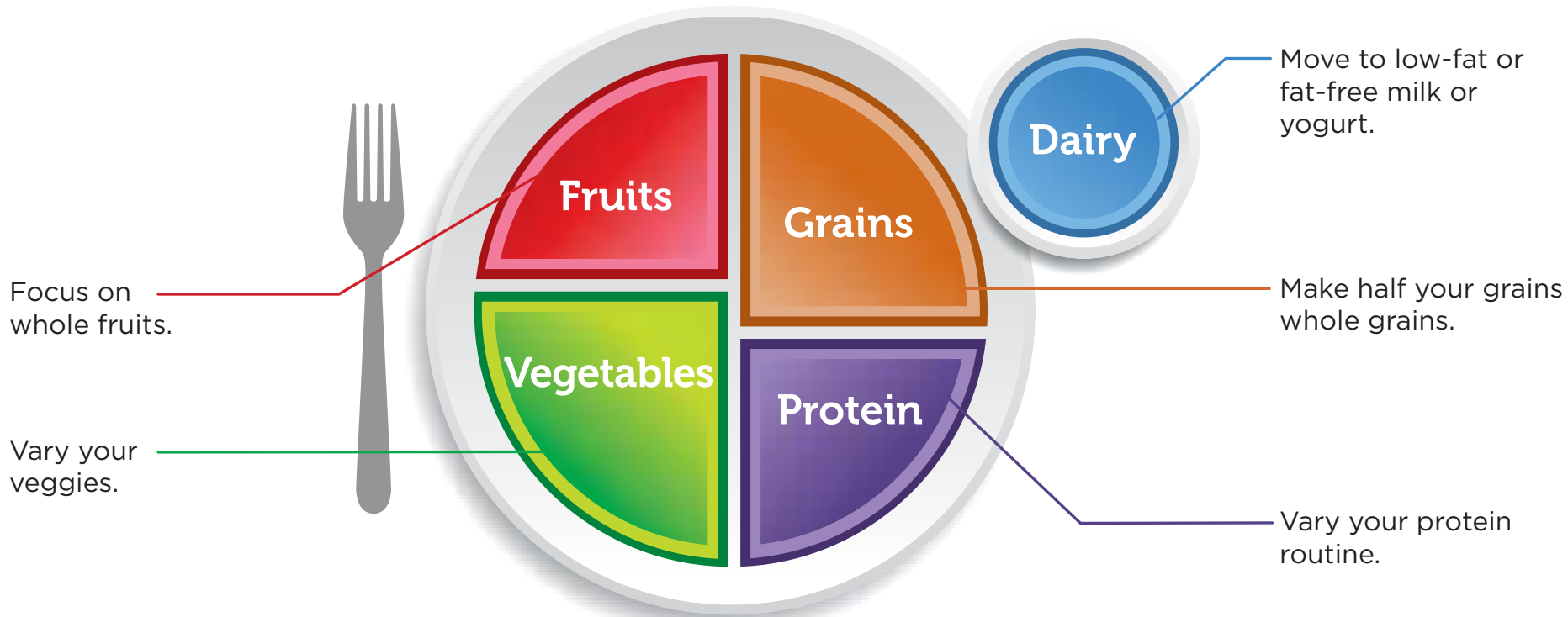


What to avoid



MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



Limit

Limit the extras.

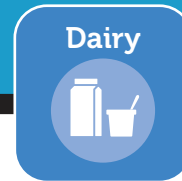
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

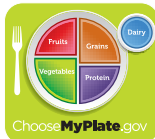


Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life
Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

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How to read a Nutrition Label

Check serving size: packages contain more than 1 serving. This example shows this package has 8 servings.

Look at the amount of Fat, especially Trans Fats. Choose foods that contain 3 grams or less of total fat. Avoid any amount of Trans Fats.

Too much sodium (salt) can affect your Blood Pressure. Choose foods that contain less than 140 grams of sodium in total.

Read how many grams of added sugar. Choose foods that contain "No Sugar Added" or "Without Added Sugars".

Diets rich in vitamins and minerals promote growth, development, and normal body functioning.

If you have food allergies, ALWAYS check this section for ingredients that can trigger an allergic reaction.

| Nutrition Facts | |
|----------------------------|-----|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories 230 | |
| % Daily Value* | |
| Total Fat 5g | 10% |
| Saturated Fat 1g | 2% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 20mg | 40% |
| Calcium 200mg | 20% |
| Iron 4mg | 40% |
| Potassium 200mg | 40% |

Understand how many calories are in EACH PACKAGE and EACH SERVING. Low calorie foods contain 40 calories or less per serving.

High levels of cholesterol can increase your risk of heart disease. Low cholesterol foods should contain 20 mg or less.

Certain types of fiber may promote weight loss, lower blood sugar levels, and fight constipation. Choose foods that contain more than 2.5 grams of fiber per serving.

Protein helps the body stay healthy and work the way it should. Daily requirements vary by sex: Men need at least 56 grams per day. Women need at least 46 grams per day.

Ingredients are listed in order of predominance: greatest amount first, followed in descending order by those in smaller amounts.

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid). Water, Sugar, Soybean Oil, Salt, Yeast.

ALLERGENS: Contains Wheat.

Other Names for Sugar



There are **65 OTHER** names for sugar that can be listed on food labels. Some are easy to spot. Would you have been able to recognize the following names as SUGAR?

| | | |
|------------------|--------------------|------------------|
| AGAVE JUICE | EDIBLE LACTOSE | MALT |
| AGAVE NECTAR | FLO-MALT | MALT SWEETENER |
| AGAVE SAP | FRUCTOSE | MALT SYRUP |
| AGAVE SYRUP | GLAZE/ICING | MALTOSE |
| BEET SUGAR | GOLDERN SYRUP | MAPLE |
| BROWN RICE SYRUP | GOMME | MAPLE SYRUP |
| BROWN SUGAR | GRANULAR SWEETENER | MIZUAME |
| CLINTOSE | HIGH FRUCTOSE | MOLASSES |
| CONFECTIONERS | CORN SYRUP | NULOMOLINE |
| CORN SWEETENER | HONEY | RICE SYRUP |
| CORN SYRUP | HONI-BAKE | SORGHUM |
| CORN GLUCOSE | HONI-FLAKE | STARCH SWEETENER |
| SYRUP | INVERTED SUGAR | SUCANAT |
| DATE SUGAR | ISOGLUCOSE | SUCROVERT |
| DRI-MOL | ISOMALTULOSE | TREACLE |
| DRI-SWEET | KONA-AME | TREHALOSE |
| DRIED RAISIN | LACTOSE | TRUSWEET |
| SWEETENER | LIQUID SWEETENER | TURBINADO SUGAR |
| | | VERSATOSE |

SURPRISE!



Here is a list of foods that may have hidden sugar.

Always read the nutrition label to avoid them



- Yogurt, Chocolate Milk
- Condiments, Sauces, Dressings



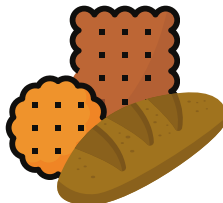
- Fruit Juice, Teas
- Sports and Energy Drinks



- Granola, Instant Oatmeal, Breakfast Cereals



- Packaged Fruits, Dried Fruit
- Crackers and bread



HEALTHY FOOD SWAPS

simple exchanges to help you meet your nutrition goals

SUGAR

Use natural sweeteners instead:

- Stevia
- Maple Syrup
- Date Sugar
- Molasses
- Coconut Sugar

FATS

Add healthy fats and flavor to your diet:

- Broth
- Avocado
- Hummus
- Apple Sauce (baking)

DAIRY

Choose healthier sources:

- Almond, Soy, or Flax Milk
- Cottage or Ricotta Cheese
- Probiotics

STARCHES

Reduce calories by switching to:

- Sweet Potatoes
- Romaine
- Mashed Cauliflower
- Veggie Noodles
- Portobello Caps



Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



Get recipes and more tips at HEART.ORG/RECIPES

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/HEALTHYFORGOOD

LET'S MOVE



AT LEAST
30 **7**
MINUTES A **DAYS A**
DAY **WEEK**

ALWAYS CHECK WITH YOUR HEALTH PROVIDER BEFORE YOU START A NEW EXERCISE OR PHYSICAL ACTIVITY.

Physical activity:

- Helps your body use insulin better; improving diabetes management.
- Helps control blood sugar levels and lowers your risk of heart disease and nerve damage.

GOALS

- Be Specific: What is the behavior that you will change?
- Be realistic: Don't try to change too much at once.



CHANGE

- Get creative and think about other ways you can exercise.
- Everyone's journey is slightly different and should be celebrated.



PLAN

- Write down your plans.
- Make a schedule that works for you.
- Reward yourself.
- Have fun!



PACE

- Start slow and low.
- Know your limits.
- Listen to your body.



TOGETHER

- Helps strengthen your support network.
- Increases encouragement and motivation.
- Increase your chances of sticking to your exercise plan.



REMEMBER

- Wear comfortable shoes and clothes.
- Check your feet before and after.
- Always have a high-sugar snack ready.
- Wear a medical ID bracelet.

RECIPES, IDEAS, RESOURCES



SCAN ME WITH
YOUR PHONE



The premier food and cooking destination for people living with diabetes and their families from the nutrition experts at the American Diabetes Association



Oregon State
University

Food Hero is your go-to site for quick, tasty, healthy recipes and helpful tips. Whether you're a beginner or a pro, you'll find something new for your family to enjoy.



Independent fitness resource run and maintained by volunteers and fitness professionals.



Sofa Workout

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

IN COLLABORATION WITH

NHS choices



20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg pirouettes

Sofa bound

DAREBEE WORKOUT @ darebee.com



30sec arms to the front hold



30sec arms to sides hold



30sec tricep dip hold



30sec raised legs hold



30sec chest squeeze



30sec single leg squat hold

sofa abs

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 leg swings



10-count raised knees hold



10 knee to elbows



10 flutter kicks



10 raised legs twists



10 scissors

cardio sofa

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



40 high knees



20 flutter kicks



40 high knees



20 leg raises



40 high knees



20 scissors

movie night

DAREBEE WORKOUT @ darebee.com

Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



10 leg swings



20 punches



10 knee taps



10 front snap kicks



20 overhead punches



10 air bike crunches

@ darebee.com

TV
WORKOUT

10 REPS
EACH
during
commercial
breaks or every
20 minutes

1 leg raises



2 tricep dips



3 leg pull-ins



4 scissors



Before BED

WORKOUT
BY DAREBEE
@ darebee.com



40 leg extensions



20 bridges



40 side leg raises



20 clamshells

Only Bitch

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 leg swings



4 upward downward dog



20 bridges



20 flutter kicks



4 sitting twists



20 side leg raises