

The resources below provide a variety of programs, classes and support groups. Some classes and programs may charge a fee, but those fees may be covered by your Samaritan Advantage Health Plan. Check your member handbook or contact Customer Service for help.

## Diabetes, chronic condition and tobacco use programs

### Diabetes support

Support groups provide ongoing education and encouragement for people with diabetes and their families. Call for more information.

- Albany** ..... 541-812-4839
- Corvallis** ..... 541-768-6973
- Lebanon, Brownsville and Sweet Home** ..... 541-451-6313
- Lincoln City** ..... 541-557-6414
- Newport** ..... 541-574-4682

### Living Well with Chronic Conditions

This online workshop for residents of Benton, Lincoln and Linn counties teaches practical skills for living a healthy life with an ongoing health condition.

To register, call **541-768-6811** or email [SHSHealthEd@samhealth.org](mailto:SHSHealthEd@samhealth.org)

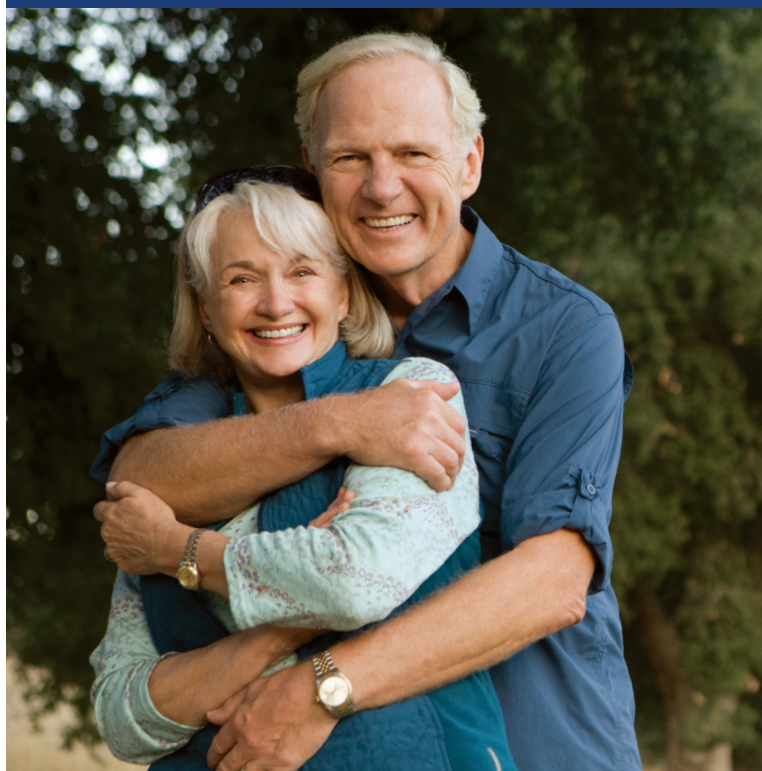
### Tobacco use

Oregon Quit Line  
**800-QUIT-NOW (800-784-8669)**  
[quitnow.net/Oregon](http://quitnow.net/Oregon)

Spanish language line  
**855-DEJELO-YA (855-335-3569)**

# Managing your diabetes

Guidelines, resources and tips to help you live better with diabetes.



You are not alone. There are 1 in 10 Oregon adults living with diabetes and over 2,000 Oregon children also have diabetes.

## Managing your diabetes

Being an active participant in managing your diabetes, could prevent or delay diabetes-related complications. Take a moment to review the following key elements for successful diabetes management.

### Stay active

Staying active does not mean you have to go to a gym to exercise. Take a walk, stand up, stretch, move or use the stairs rather than the elevator. Staying active also reduces stress – a significant factor in keeping healthy.

## Attend a diabetes education class

Taking a class is a great opportunity to learn what you can do on your own to make living with diabetes easier. If you have attended a class in the past and still need help, ask about a refresher course.

## Talk with your health care provider

Ask your health care provider about additional care you may need, such as:

- Do I need to take an ACE inhibitor, aspirin or cholesterol-lowering drug?
- Do I need to lower my blood pressure?
- How do I manage my weight to better control my diabetes?

## Take your diabetes medications as directed

It sounds simple and it is — take your medicine as directed by your health care provider. It really does pay off by reducing your risks for complications.

### My diabetes medicine:

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## Know your treatment plan

Sometimes your diabetes care plan and medicines need to be changed. Knowing your new plan will help you reach your goals.



Samaritan Health Plans

Healthier together

A wellness publication prepared for Samaritan Health Plans members





## Questions for your next checkup

Talk with your health care provider about routine care. Remember to follow your treatment plan and ask about the following:

### What should happen at my regular diabetes checkup?

Your health care provider will:

- Check your feet (you will need to remove your socks and shoes at each appointment).
- Check your blood pressure.
- Weigh you.

Be sure to tell your health care provider if you are feeling sad or depressed. This can be related to your diabetes. If you smoke, ask for help to stop. This can make a big difference in how you feel and how diabetes will affect your daily life.

### Are there other types of exams that I should have?

It is important to visit your eye doctor and dentist at least once a year. Your eyes and teeth are particularly at risk when you have diabetes.

### How often do I need my hemoglobin A1c (HbA1c) checked?

The HbA1c (also called A1c) should be checked every three to six months. This lab test measures your blood glucose over the last three to four months. Your treatment may be changed if your HbA1c is too high (usually if above 6.5 or 7).

### Do I need other lab tests on a regular basis?

You should have blood and urine tests at least once a year. These tests will monitor your cholesterol and kidney function to determine if you are developing complications from your diabetes or from the medications.

### Should I have a flu, pneumonia and COVID-19 vaccination?

Everyone with diabetes should have a seasonal flu shot each fall.

People 65 or older, particularly people who have diabetes or other ongoing illnesses, are at a higher risk of getting pneumonia. The pneumonia shot is given to people 65 or over once and sometimes twice in their lifetime.

Having diabetes makes you more likely to have serious complications from COVID-19. Ask and follow the advice of your doctor.

## Know your numbers

Monitoring your diabetes is one of the most important things you can do to keep your diabetes from getting out of control. Use this form to record your target numbers. Every person's target will be a little different, so make sure to ask your health care provider what your numbers should be.



Blood glucose		
Measure when?	Example target	My target levels
Before meals	90 to 130	_____ to _____
One to two hours after the start of a meal	Less than 180	Less than:
HbA1c / A1c (blood test done in a lab)		
Measure when?	Example target	My target level
Every three to six months and will be ordered by your health care provider	Under 6.5	Under:
Blood pressure		
Measure when?	Example target	My target level
At your medical checkups and at home when directed by your health care provider	Under 130 / 80	Under:
Cholesterol (blood test done in a lab)		
Measure what?	Example target	My target levels
Total cholesterol	Under 200	Under:
LDL cholesterol	Under 100	Under:
HDL cholesterol	Women: over 55 Men: over 45	Over: