

Diabetes: What is it?

Information to improve your health from Blue Cross and Blue Shield of Alabama

Recommended Screenings

Your doctor may recommend the following screenings:

- blood sugar test
- A1C test
- cholesterol test
- kidney function test
- blood pressure monitoring
- vision test
- foot exams



Checking your blood sugar (glucose) level regularly is often a key to controlling and treating diabetes. Check your blood glucose as instructed by your healthcare provider and keep a

log. Watch for and learn to recognize the signs and symptoms of abnormal blood glucose levels.

In addition to monitoring your blood sugar levels, your doctor may also recommend having an A1C test. This blood test measures your blood glucose levels over a span of several months. This test is usually done in your doctor's office and should be performed according to your doctor's recommendations. This test helps your doctor track the progress of your disease and make recommendations regarding the best course of treatment. Ideally, your A1C score should be as follows:

Under 5.7% = Normal

5.7 % - 6.4 % = Prediabetes

6.5% or higher = Diabetes



When you have diabetes, your body has a hard time controlling the levels of a hormone called insulin. When insulin levels in your body rise too high, it can cause a host of disastrous physical symptoms. Common symptoms of this disease may include increased urination, unquenchable thirst and unexplained weight loss.

Don't Stress Out!

A stressful life can be an unhealthy life. Did you know chronic stress can aggravate many chronic conditions? Protect your health and try the tips below to relieve stress:

- **Keep things in perspective** – Life is full of minor annoyances, just remember most of them are minor and quickly pass with time.
- **Exercise** – Physical activity has been shown to help regulate stress hormones.
- **Enjoy a hobby** – Read a book, plant a garden or play some guitar on your back porch. Take some time for you, and do whatever it is that relaxes you.
- **Organize** – A neat living or working space can greatly reduce everyday stress.
- **Talk** – Pick up the phone and call a friend or family member. It never hurts to vent off a little steam with a trusted loved one.

If you feel you are suffering with chronic stress, reach out to your physician and let them know. Your employer may even offer an employee assistance program which provides additional coverage for many personal issues, including stress.

If you have any questions about stress management, or would like to find a provider in your area, please call customer service at the phone number on the back of your member ID card.

Your Questions Answered

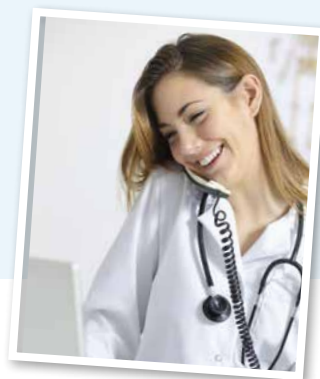
Do you have questions about a chronic condition such as asthma, COPD, diabetes or heart disease?

If so, call Disease Management and talk to a registered nurse. You'll get personal attention, helpful advice and best of all, your questions answered.

1-888-841-5741

Monday-Friday, 8 a.m. - 6 p.m. CDT

membermanagement@bcbsal.org



AlabamaBlue.com

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Eat for Your Health

Just because you decide to eat healthy doesn't mean you have to cut back on taste. Here's a recipe for a savory treat from the National Heart, Lung, and Blood Institute:

Asian-style Chicken Wraps

Yield 4 servings

Serving Size 2 wraps, 1/4 cup sauce

For sauce:

1 small jalapeño pepper, split lengthwise—remove seeds and mince; (for less spice, use green bell pepper)

1 tablespoon garlic, minced

3 tablespoons brown sugar/honey

1/2 cup water

1/2 tablespoon fish sauce

2 tablespoons lime juice

For chicken:

1 tablespoon peanut oil

1 tablespoon ginger, minced

1 tablespoon garlic, minced

12 ounces boneless, skinless chicken breasts, cut into thin strips

1 tablespoon low-sodium soy sauce

1 tablespoon sesame oil

For wrap:

1 (small) head red leaf lettuce separated into single leaves

8 fresh basil leaves, whole

2 cups bok choy, shredded



Each serving provides:

calories	242
total fat	10 g
saturated fat	2 g
cholesterol	47 mg
sodium	393 mg
total fiber	3 g
protein	21 g
carbohydrates	17 g
Potassium	636 mg

1. To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes or until cold.
2. Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked but not browned, about 30 seconds to 1 minute.
3. Add chicken, and continue to stir fry for 5–8 minutes.
4. Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
5. Assemble each wrap: Place one large red lettuce leaf on a plate, then add 1/2 cup chicken stir-fry, 1 basil leaf, and 1/4 cup shredded cabbage and fold together. Serve two wraps with 1/4 cup sauce.