

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

How to manage diabetes when you're sick with a seasonal bug

Even a minor cold or flu can throw off blood sugar levels. Here's how to get prepared.

Develop a sick day plan

You never know when a bug will strike, but having a plan in place means you can focus on rest instead of stress. To get ready, ask your Provider now for:

- A list of easy-to-tolerate foods and fluids that help keep blood sugar steady (such as broth or applesauce)
- Instructions for adjusting medications, if needed
- Clear directions for when to call your care team for support

Choose over-the-counter (OTC) remedies wisely

Many cold medications contain multiple active ingredients, and some can raise or lower blood sugar. To get symptom relief more safely:

- Ask your Provider for a list of recommended products that fit your care plan.
- Look for sugar-free syrups, lozenges, and cough drops.
- Be cautious with decongestants like pseudoephedrine,

which can raise blood sugar. For a stuffy nose, try saline sprays or nasal strips instead.

- Manage aches and fevers with ibuprofen or acetaminophen alone versus a multi-ingredient cold medicine.

Stay hydrated and rest

Dehydration can worsen blood sugar, so aim for a cup of fluid every hour while you're awake. And be sure to let yourself take it easy — the downtime really is key for your recovery.



Ask the pediatrician

Q Can my child with diabetes still play sports?

A For children with diabetes, physical activity is more than safe — it's beneficial. Sports can improve fitness, mood, and blood sugar control. With the right preparation, your child can stay active and participate fully in the activities they love.

1. Loop in coaches and teammates. Help them understand the signs of low blood sugar so they know how to help. Keep fast-acting sources of glucose — such as fruit juice, glucose tablets, or gel — readily available on the sidelines.

2. Have snacks handy. Physical activity usually

lowers glucose levels, which means there's a risk of hypoglycemia during or after sports. To reduce that risk, your child may need a snack before or during an athletic event, especially if they use insulin.

Check blood sugar before, during, and after play to spot changes early.

3. Invest in a cool water bottle. Staying hydrated helps moderate glucose levels — and supports athletic performance.

Encourage your child to drink water before, during, and after activity.

4. Remind your child to listen to their body.

If they feel shaky, dizzy, or unusually tired, it may be time to pause and check blood sugar.

With planning and support, children with diabetes can safely enjoy sports. In fact, regular physical activity is one of the best ways to help them stay healthy and confident.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



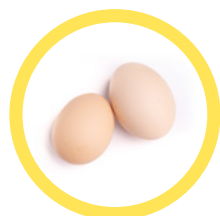
Healthy Eating Made Simple

How to get enough protein without overdoing red meat

Red meat is a rich source of protein, but too much can be hard on your heart. Learn how to balance your meals with other protein sources.

What 10 grams of protein looks like

Nutrition labels are your friend. A quick glance will tell you how many grams of protein per serving. Here are some examples to get you started:



2 small eggs



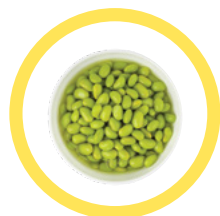
**2 ½ tablespoons
peanut butter**



**1 cup cooked
quinoa**



**½ cup cooked
lentils**



**½ cup
edamame**



**½ cup plain
nonfat Greek
yogurt**



**1 ½ ounces
canned tuna**



3 ½ ounces tofu

Why you need it

Protein helps you feel fuller longer, build strong bones, increase muscle mass, boost metabolism, support immunity, and repair tissue.

Calculating your needs

The National Resource Center for Aging and Nutrition recommends adults get 1 to 1.2 grams of protein per kilogram of body weight to shore up muscle mass and overall wellness. That translates to 68 to 82 grams of protein each day for a 150-pound person. Rather than get stuck on the math, dietitians encourage people to simply aim to consume 25 to 30 grams of protein at every meal.

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Recipe



Easy Lentil Stew

Serves 2 | Prep time: 5 min
Cook time: 20 min

Ingredients

½ cup red lentils
1 cup canned pumpkin
purée

3 cups sodium-free
vegetable stock
¼ tsp salt
½ tsp ground ginger
¼ tsp ground cumin
Optional: ¼ cup fresh
cilantro or parsley,
chopped

Directions

1. Combine all the ingredients, except the optional parsley or cilantro, together in a medium saucepan. Bring to a

boil, then reduce to a low simmer. Cover the pot and cook for 15 minutes.

2. Remove the lid and stir. The texture will be very thick and stew-like, and the lentils will be mushy.

3. Transfer the soup to a blender and purée for 30 seconds, until creamy. Return to the pot and heat over low to reheat, if necessary. Ladle into bowls, and top with the fresh parsley or cilantro, if using. Enjoy warm.

Nutrition facts | Calories 208 | Fat 0 g | Saturated fat 0 g | Cholesterol 0 g
Sodium 205.1 mg | Carbs 37.6 g | Fiber 11 g | Protein 15 g | Sugar 6 g
Calcium 71 mg | Potassium 671 mg