

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

Diabetes questions worth asking your provider

If you have diabetes, you know the drill. You check your blood sugar level. You take your medications. You eat well.

Even so, diabetes can be tricky to manage. There's no one-size-fits-all treatment plan. But there's no need to stress. We've got the scoop on your top diabetes questions here.

Can I cure my diabetes by losing weight?

No. Being overweight doesn't mean you'll have diabetes, and losing weight doesn't make it go away. But losing weight may reduce the amount of medicine you need to manage your diabetes. Losing just a few pounds

can improve blood sugar and reduce diabetes complications. Ask your doctor or case manager how you can maintain a healthy weight.

Why isn't my medication working like it used to?

Because diabetes is a progressive disease, it's not unusual for medications to stop working as well over time. This doesn't mean you're doing anything wrong. Your provider may decide to adjust your medications or your dosage, or they may add insulin to your care plan.

Living with diabetes is hard — isn't it normal to feel down?

Yes. Managing diabetes can be overwhelming. In fact, people with diabetes are 2 to 3 times more likely to have depression than people without diabetes — and depression can get in the way of how well you take care of your diabetes.

There are ways to feel better. Call your doctor, case manager, or our Behavioral Health provider at 1-866-293-2689. They can help connect you with resources, including talk therapy and medication.



Ask the Diabetes Doctor

Q What's the best way to raise my child's blood sugar when it's too low?

A Hypoglycemia is blood sugar that is below normal, typically below 70 mg/dL. When your child's blood sugar drops this low, you want to bring it up to a safe level quickly.

"You want a quick-acting carbohydrate, something like juice, soda, or hard candy," says pediatric endocrinologist Kathleen Bethin, M.D. These sugary foods and drinks can start to raise your child's blood sugar in minutes. Fat, protein, and fiber all slow carbohydrate absorption. So, things such as chocolate, milk, or whole fruit won't raise blood sugar as quickly.



How much carbohydrate to give depends on whether your child is on an insulin pump or injections. "If your child is on injections, we recommend 15 grams of carbohydrate," says Dr. Bethin. That's just 4 ounces of juice or soda, 1 tablespoon of sugar or honey, or a few pieces of hard candy.

You'll want to give less if your child is on an insulin

pump. "Pumps work by predicting what blood sugar will do. If blood sugar starts going up really quickly, it predicts that it needs to give more insulin," explains Dr. Bethin. "The pump doesn't register that you're treating a low (blood sugar), so less is more in that case." She recommends about half as much carbohydrate, just 7 grams, for kids on an insulin pump.

Case Manager Spotlight

Marybel Rios has been a Disease Management Case Manager with AvMed for two years.

"My favorite thing about being a Case Manager is filling gaps in health care that make a big difference in members' lives."



To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

Fresh vs. canned vs. frozen

Some people may think “fresh is best” when it comes to fruits and vegetables. But frozen and canned foods can be nutritious options, too. Because they have a longer shelf life than fresh produce, they're ready to use when you need them. (Just be sure to take note of the expiration dates.)

Here, we're busting some common myths about the canned and frozen food aisles.

MYTH FROZEN AND CANNED FOOD ISN'T AS HEALTHY AS FRESH FOOD.

Fact: Some frozen and canned foods have more vitamins and minerals than their fresh-food counterparts. That's because freezing and canning locks in nutrition at peak freshness. You can



search fresh food nutrient content on the USDA website (<https://fdc.nal.usda.gov>) and compare to the nutrition facts on your canned or frozen food items. Focus on iron, potassium, vitamin D, and calcium.

MYTH FROZEN AND CANNED FOOD DOESN'T TASTE AS GOOD.

Fact: Certain canned and frozen foods can lose flavor and texture. But they're

perfect for soups, stews, and more. Take canned chickpeas, for example. They aren't designed to be eaten by the handful. But when you mash them up with olive oil, tahini, and lemon juice, you've got a tasty hummus.

MYTH ALL FROZEN AND CANNED FOODS ARE ULTRA-PROCESSED.

Fact: Some canned and frozen foods contain added sodium, sugar, and saturated fat. You can shop smarter by reading the labels. Look for options that have fewer than five ingredients. Choose fruit that's canned in water or its own juice instead of syrup. Look for low- or no-sodium versions. Rinsing canned food before eating it is an easy way to reduce sodium.

Unencrypted email makes it easier to communicate with your case manager!

To opt in, scan the QR code with your phone. Log in or register to the member portal and select “Set My Preferences.”



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If you suspect you are having a heart attack or stroke, or you have uncontrollable bleeding, don't wait: Call **911** or go to the emergency room.