

A Newsletter for AvMed Members

YOUR HEALTHIEST LIFE WITH DIABETES

How these diabetes screenings help you stay healthy from head to toe

Diabetes affects more than blood sugar. These easy tests can help detect problems early.

iabetes is a full-body condition.
That means
regular screenings are key
to avoiding complications
— not just with blood
sugar, but with your eyes,
heart, kidneys, and more.

To better manage your condition, here are some important tests to keep up with.

A1C test: This test measures average blood sugar over the past few months. It helps your care team spot trends so they can adjust your treatment plan.



Blood and urine tests can catch early signs of kidney damage, which is common in people with long-term high blood sugar.

exams: A dilated retinal exam checks for signs of diabetic eye disease, which can lead to vision loss if not treated early. What's more, it often has no symptoms until the disease has already progressed.

Blood pressure and cholesterol checks:

These screenings can reveal your risk of heart disease and stroke.

Dental cleanings: Gum

disease is more common in people with diabetes and can affect blood sugar levels.

Foot exams: Diabetes can affect circulation and nerve function in your feet.
Regular exams help prevent infections and ulcers.

Depression screenings:

Diabetes can increase your risk of depression, which can make it harder to manage your condition.

Each test plays a role in protecting your overall health. Talk with your Provider about what you need and how often to get checked.

Ask the pediatrician

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My child is getting teased about their CGM/pump. How can I help boost their confidence?

If your child wears a CGM (continuous glucose monitor) or insulin pump, they may face questions or even teasing from other kids. Here's how to help them feel more confident:

Let them choose how much to share

Some kids are fine with their devices showing. Others prefer to wear them under clothes. Help your child pick the option that feels most comfortable to them.



You can help your child come up with responses they can use when asked about their device:

- •"It helps me stay healthy."
- "It's kind of like eyeglasses
 I need it every day."
- Or something fun, like "I'm part cyborg!"

Connect them with others

Talking to other folks with diabetes can help your child feel less alone

and give them ideas for handling tough moments.

Involve the school

Ask teachers if you can give a short presentation or send home a flyer to classmates. Even a brief "Diabetes 101" lesson can reduce stigma.

Let them move at their own pace

Your child doesn't have to explain their condition to everyone. But when they're ready, helping educate others can build pride and confidence.



To reach a Case Manager

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

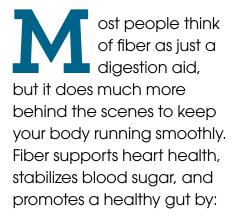


Healthy Eating Made Simple

THE FIBER FIX:

Why most people don't get enough and how to sneak more in

Fiber helps support heart, gut, and blood sugar health. These easy tips can help you close the gap without overhauling your whole diet.



- Lowering LDL ("bad") cholesterol.
- Slowing digestion, helping prevent blood sugar spikes.
- Supporting regular bowel movements and a healthy microbiome.

Still, most adults get less than half the recommended amount each day. According to Mayo Clinic,

- Women need at least
 21 to 25 grams per day
- Men need at least 30 to 38 grams per day

Try these easy tips to sneak more fiber into your diet:

 Add a veggie: Toss spinach into scrambled eggs or top tacos with shredded cabbage.



- Swap your carbs:
 Choose whole-grain bread or brown rice over white versions.
- Snack smart: Try nuts, seeds, popcorn, or fruit with skin (like apples or pears).
- Start slow and hydrate: Increasing fiber too quickly can cause bloating — go gradual and drink plenty of water.

Even small changes can go a long way toward supporting your overall well-being.

Less paper.

Same great health info.

Reduce paper waste and get the same great health content delivered straight to your inbox. To switch, scan the QR code and log into your member portal. Under **Email Preferences**, select **Yes, I want to receive emails**.



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Speak to a registered nurse at any time of day or night about a non-life-threatening illness or injury.

MDLive Virtual Visits

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Speak with a licensed doctor virtually or by phone from the comfort of your own home 24/7/365 for non-emergency symptoms. Prescriptions will be sent to your local pharmacy.

Urgent Care Center

If you think you have bronchitis, an infection, an allergic reaction or need wound care, visit an urgent care center if your physician is unavailable. To find an in-network care center, go to **AvMed.org**

Emergency Department

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

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."

