



Healthier YOU!

Taking control of diabetes Prevention and Control

How can I keep my children diabetes-free?

You can help your children reduce their risk of developing type 2 diabetes by encouraging them to join you in your healthier lifestyle habits. Have them join you on walks or other exercise activities. Eat healthy meals together, and don't buy high-fat or sugary snacks.

Talk with your child's doctor if you think your son or daughter is overweight. Childhood weight gain or obesity is a risk for diabetes. If your child has symptoms like peeing a lot, feeling tired, nausea, or extreme thirst, see his or her doctor for a full checkup. These could be early signs of diabetes.

How can Health Partners Plans help me?

Health Partners Plans' Healthier You Diabetes program is available to all members with diabetes. Call 1-866-500-4571 (TTY 711). We will work closely with you to address your medical concerns and provide you with the support and information you need. You will also have access to:

- A personalized, interactive portal where you can earn rewards just for taking care of your health. Register today at www.everybodygethealthy.com/HPP.
- Text messaging programs with health tips and information.
- A 24-hour Teladoc medical assistance line, staffed by board-certified doctors and pediatricians can answer your questions when you're not sure if you need to call your PCP. Call 1-800-Teladoc (835-2362). Remember, if your concern is life threatening or you need help right away, call 911 or go to the nearest Emergency Room.

If you need help finding a doctor or have other questions about your plan, please call our 24-hour Member Relations department at the numbers listed on the back of this brochure.



Health Partners Plans

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Doing it right.

For help with this information, call our 24-hour helpline / Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas / Nếu cần giúp đỡ về thông tin này, hãy gọi số* điện thoại trực 24-giờ sau đây của chúng tôi / Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу / 如果對這訊息有疑問，請致電我們的24小時幫助熱線 / ដើម្បីជាជំនួយក្នុងការទទួលបានព័ត៌មាននេះ សូមទាក់ទងតាមទូរស័ព្ទដែលមានបម្រើសេវាកម្ម24ម៉ោង តាមរយៈលេខ៖

Health Partners
1-800-553-0784
Health Partners Medicare
1-866-901-8000

TTY: 711

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What is diabetes?

Diabetes is a condition where the body cannot manage insulin properly. Insulin is a hormone that helps digested food, stored in the body as a sugar called glucose, be used as energy. If glucose isn't used and builds up to high sugar levels, there can be serious complications. There are two types of diabetes:

Type 1 diabetes occurs when the body does not make enough insulin to control the sugar level. It can occur at any age, but is most often seen first in children and young adults.

Type 2 diabetes is the most common form of diabetes. In people with type 2 diabetes, either the body doesn't produce enough insulin or the body cells ignore the insulin. Those who are at risk include people who are overweight or who have a family history of diabetes.



Gestational diabetes is another form of diabetes that develops during pregnancy. It is caused by changes in pregnancy that affect the amount of insulin the mother's body makes. Women who have gestational diabetes have an increased risk of developing type 2 diabetes later in life.

Can diabetes cause health complications?

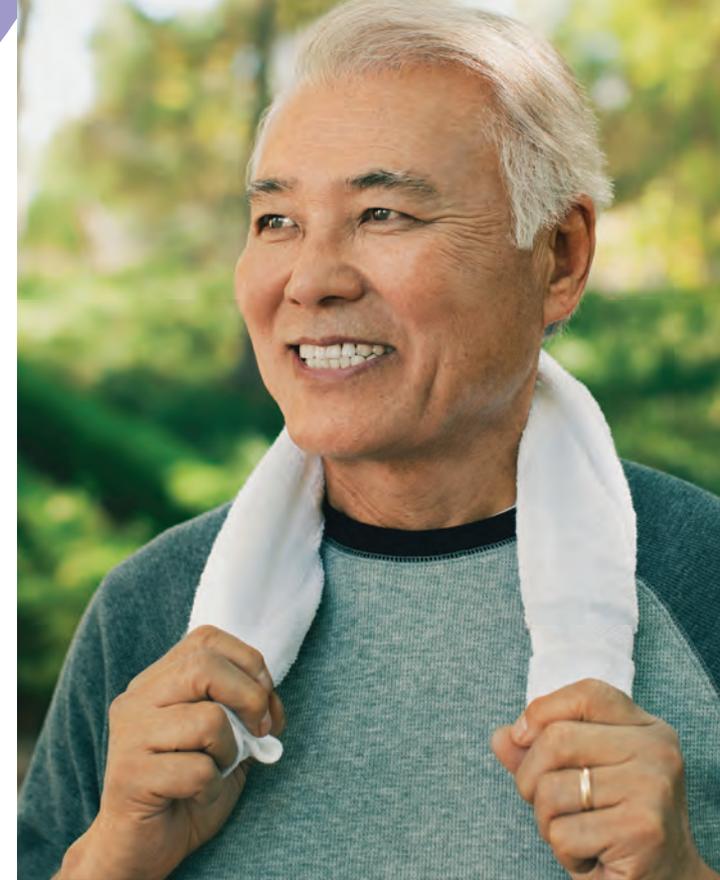
Yes. Diabetes can be serious — even life threatening, but it can be controlled. If not controlled, the buildup of sugar in the blood can lead to:

- Cardiovascular disease — including high blood pressure, stroke and poor circulation
- Kidney disease
- Nerve damage
- Eye problems
- Foot problems
- Slow healing of infections

How can I control my diabetes?

It's important to keep your blood sugar at the right level and see your primary care doctor for every checkup. Your doctor will work with you to create the best plan for your condition, and monitor your:

- Hemoglobin A1c (blood sugar average over 3 months)
- Eyes through a dilated eye exam
- Feet to make sure your circulation is good
- Cholesterol
- Urine protein
- Teeth and gums
- Blood pressure
- Weight



What else can I do to stay healthy?

Make sure you eat the right kind of foods. Avoid processed foods that are high in fat and sugar. Select fresh fruits, vegetables and whole grains. Read food labels to see what's really inside the foods you're eating.

If you need to lose weight, ask your doctor to help you develop a plan of diet and exercise. Health Partners Plans offers Weight Watchers® and fitness center memberships as part of your benefits. Whether you are looking to drop a few pounds or simply maintain a healthy weight, regular exercise is good for keeping your blood sugar levels in check.