Diabetes and You
Understanding and managing diabetes

What is diabetes?

Diabetes is a health condition that happens when there is too much sugar in your blood. This sugar is called glucose, and your body needs it for energy. But when there's too much of it, it can lead to health problems. That's why it's important to know about diabetes and learn how to take care of your health.

How do people get diabetes?

Anyone can get diabetes, but certain things can increase your risk. These include:

- Family history of diabetes.
- Lack of physical activity.
- Being overweight.
- Being over the age of 45.
- Being Asian, Pacific Islander, African American, Native American, or Latino.
- A history of gestational diabetes.

How can I control my diabetes?

There are lots of ways to be in control of your diabetes and maintain healthy blood sugar levels, such as:

- **Eating healthy:** Focus on eating fresh fruits, vegetables, and whole grains.
- **Staying active:** Try to include physical activity in your daily routine, such as walking, stepping in place, or taking the stairs.
- **Managing stress:** Find healthy ways to cope with stress, such as deep breathing techniques, reducing caffeine, listening to music, or connecting with friends.
- **Getting tested regularly:** Speak with your doctor about checking your blood sugar or ask about using a blood sugar meter at home.

Make an action plan.

You can always work with your doctor to create a plan for managing your blood sugar. This should include your target blood sugar goals. Fill out the information below to know when to call your doctor based on your goals.

Your blood sugar goals

Before meals:
Aim for 80-130 mg/dL
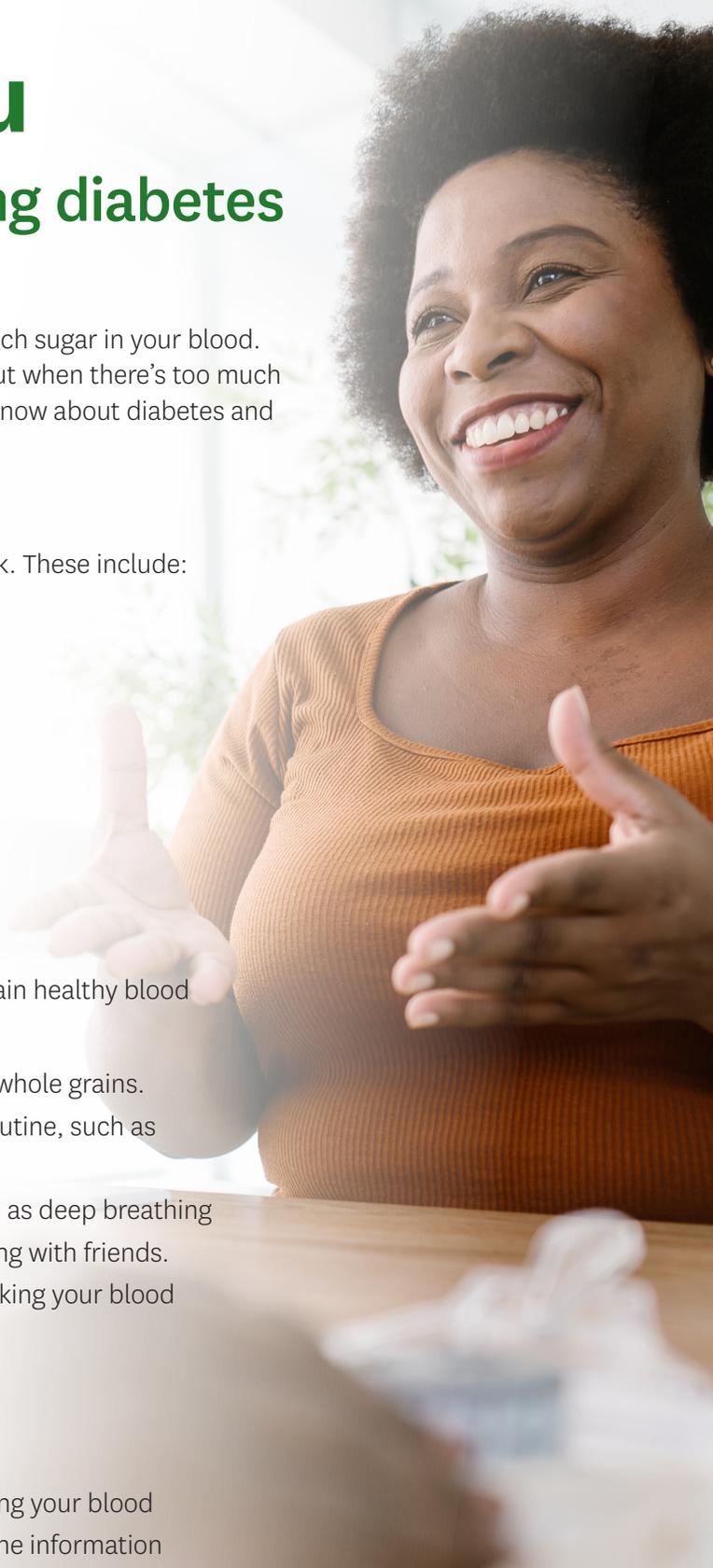or _____ to _____ mg/dL.

One to two hours after meals:
Keep it under 180 mg/dL or less than _____ mg/dL.

When to call your doctor:

Call your doctor if your blood sugar is above _____ mg/dL.

Need help?

Call Iowa Total Care Member Services at 1-833-404-1061 (TTY: 711) if you need help with:

- Scheduling an interpreter for your appointments.
- Finding a provider.

You may also be eligible for **free health coaching services** where members can earn up to **$90 per year** in My Health Pays® rewards.

Want to learn more? Call 1-833-234-9026.

Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 我们免费为您提供语言协助服务、辅助设施和服务、更大字体、口头翻译和其他替代格式。如需获得此服务，请致电 1-833-404-1061 (TTY: 711) 。