

Diabetes News

Issue 2, 2021

Protecting Your Feet

Protecting your feet from injury is especially important when you are living with diabetes. Here are some tips to keep your feet cared for.

General Safety Measures

- Wear shoes all the time. If you do not want to wear shoes indoors, wear slippers with hard soles and good support. Keep your shoes next to your bedside and slip them on your feet as soon as you get out of bed. This will help you develop the habit of wearing footwear and will protect your feet
- Wear socks in bed if your feet are cold at night
- Apply sunscreen to the tops of your feet when they will be exposed to the sun
- Wear protective beach or surf shoes when swimming. Wear shower shoes in public baths and pools to prevent athlete's foot, plantar warts, and other contagious conditions

- Keep the walkways in your home clear. Pick up objects that you might trip over. Arrange the furniture so that you have a clear path through your house, especially a clear path to the bathroom at night

Check Your Shoes

- Always check inside your shoes before you put them on. Look and feel for loose objects, pebbles or dirt, a torn lining, rough spots, or anything else that could cause discomfort or injury
- Before putting on your shoes, check the soles of the shoes for any nails or tacks that may puncture your foot

Things To Avoid

- Wearing tight shoes
- Wearing shoes without socks or stockings
- Walking barefoot, even indoors
- Using hot water bottles or heating pads on your feet
- Walking on very hot pavement or beach sand while barefoot or while wearing thin-soled shoes
- Wearing garters or tight-fitting socks or shoes
- Sitting with your legs or ankles crossed



Contact Us

1-866-942-7966
Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion

Please fill out a brief, anonymous survey at [mvplistsens.com](https://www.mvplistsens.com).

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with diabetes. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on guidelines for adult diabetes care developed by the American Diabetes Association: A Collaborative Guideline for the Management of the Adult Patient with Diabetes. Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Caregiver Tips

Many people care for a spouse, a parent, or some other family member who is ill or living with a chronic condition. Caregiving can be a rewarding experience. But caregiving can also be stressful at times. There are three steps to being a good caregiver:

✓ Take care of yourself.

Exercise regularly, get proper rest and nutrition, and have regular medical checkups. And take time off to take part in pleasant, nurturing activities.

✓ Don't help too much.

Help the person you care for to be as independent as possible. For example, let the person make as many decisions as possible.

✓ Ask for help.

Accept support from others. A helping hand at the right time can make all the difference. For example, ask family or friends to pick up a few items at the grocery store.

While caring for others, be mindful of your mental health. If you are having trouble coping, sleeping, or have lost interest in things you enjoy, be sure to talk to your doctor.

Care for **Your Teeth and Gums**

People with diabetes have a greater risk for gum disease when blood sugar is high. Gum disease can cause higher blood sugar levels, which makes it hard to fight infection, including infections in the mouth.

To help prevent dental problems, each day:

- Keep your blood sugar levels within your target range
- Brush your teeth at least twice
- Floss once, pressing the floss against your teeth and not your gums
- Check for areas where your gums are red or painful

To help prevent dental problems, see your dentist every 6 months (or sooner, if there is a problem). Before dental work starts, remind your dentist that you have diabetes. Many dental treatments can affect your blood sugar. Delay dental surgery if your blood sugar levels are higher than your target range. High blood sugar levels increase your risk of getting an infection after surgery.



Go online and **take charge of your health.**

The MVP Healthwise® Knowledgebase is your one-stop resource for the latest health information. Visit mvphealthcare.com and select *Members*, then *Health & Wellness*.

The Right Care. **Right Away.**

Start with Gia®

Access online 24/7 urgent and emergency care services anytime, anywhere. Plus, Gia is your ultimate health care connection for everyday health needs such as screenings and tests, prescription refills, or help on any health care topic.

When you don't know what care you need, start with Gia! Gia can refer you to any of MVP's virtual care services or, when necessary, in-person care from nearby doctors, specialists, labs, pharmacies, and more!

Virtual care services from MVP Health Care are provided by UCM Digital Health, Amwell, and Physera at no cost-share for members. (Plan exceptions may apply.) Members' direct or digital provider visits may be subject to co-pay/cost-share per plan.

Reduce Your Risk of the **Flu and Pneumonia**

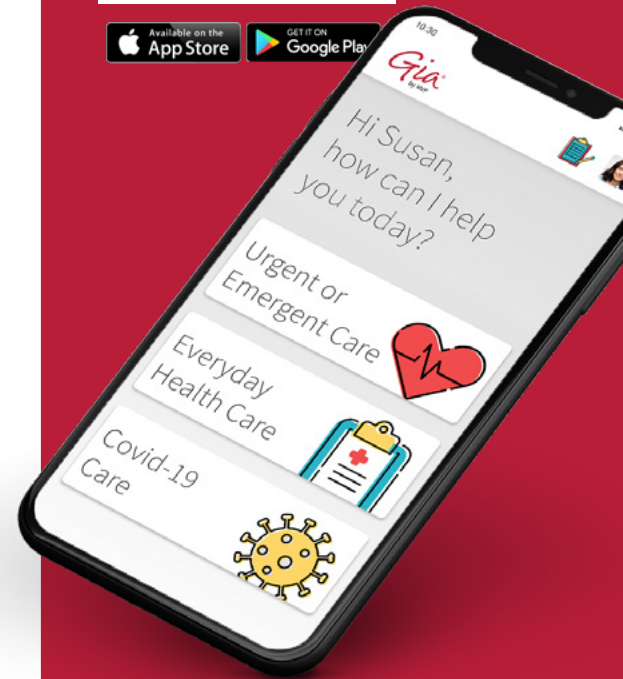
It is important to get vaccinated against the flu each year, and pneumonia as directed by your doctor. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment.

Certain people are more likely to become ill with pneumonia:

- Adults age 65 or older
- Children younger than age five
- People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
- People ages 19–64 who smoke cigarettes
- People ages 19–64 who have asthma

Get vaccinated. Several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your doctor for more information.

Download the **Gia by MVP** app and get started today!



Simple steps to preventing the flu and pneumonia:

- Wash your hands regularly
- Clean hard surfaces that are touched often (like doorknobs and countertops)
- Cough or sneeze into a tissue, your elbow, or sleeve
- Limit your exposure to cigarette smoke
- Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS

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Preventive care is the best care.

Health care screenings help prevent or find illnesses and diseases in their earlier stages when treatment is more effective. If you've put off your screenings, you're not alone, but now is the time to catch up. To find out if you are due for screenings, Sign In to your MVP online account at mvphealthcare.com/member and select *Preventive Care Reminders*, and talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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Living Well Programs from MVP

MVP offers a variety of classes and workshops—both in-person and virtual—to help you live well physically, emotionally, and otherwise! Find classes like chair moves, tai chi, meditation, or even quitting tobacco. To find a class that is right for you, visit mvphealthcare.com/healthandwellness and select *View the Living Well Program Calendar*.

