

Diabetes News

A Special Newsletter for MVP Health Care[®] Members **Issue 1, 2024**

Diabetes and Eye Health

Over time, diabetes can start to affect your eyes. It can cause an eye condition called diabetic retinopathy.

This happens when continued high blood sugar damages the blood vessels of the retina. Other causes of retinopathy may include high blood pressure, high cholesterol, and kidney disease. Retinopathy can lead to poor vision and blindness.

What are the symptoms of diabetic retinopathy?

There are usually no symptoms of diabetic retinopathy until it starts to change your vision. When this happens, the disease is already severe. Having your eyes checked regularly can find the disease early enough to treat it. Good diabetes treatment can help prevent vision loss.

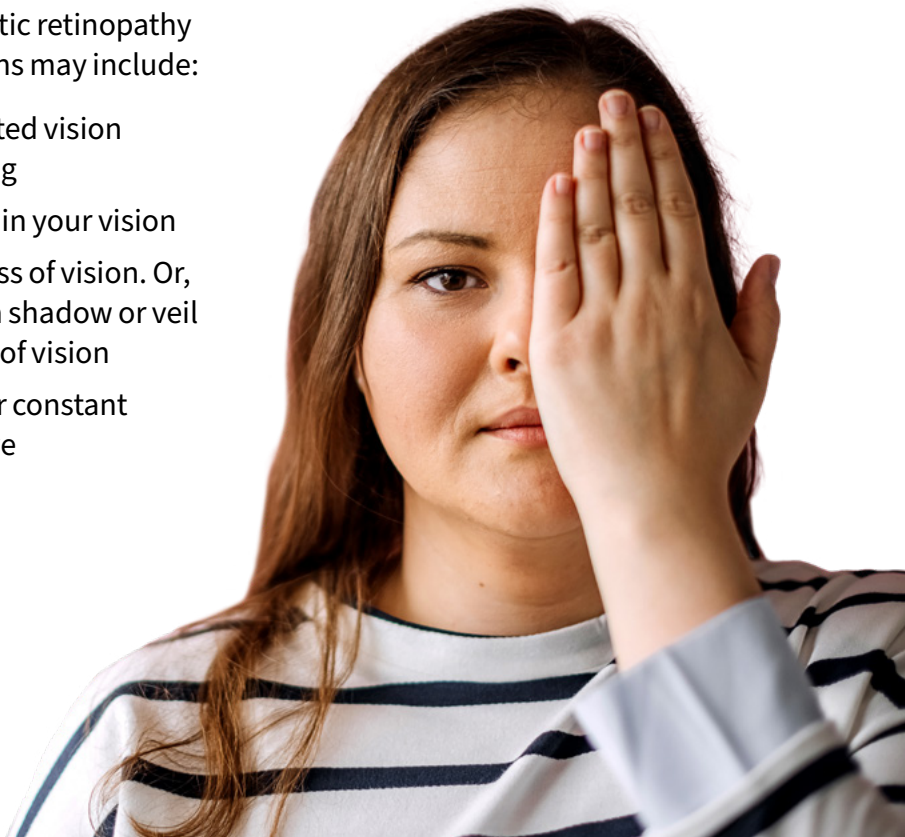
Symptoms of diabetic retinopathy and its complications may include:

- Blurred or distorted vision or trouble reading
- Floaters or spots in your vision
- Partial or total loss of vision. Or, you might have a shadow or veil across your field of vision
- Pain, pressure, or constant redness of the eye

Keep Your Eyes Healthy

To help lower your chances for vision loss:

- Keep your blood sugar levels in target range
- Maintain a healthy blood pressure
- Take the steps to quit smoking
- Get regular eye exams, even if your vision seems good



Contact Us

1-866-942-7966
Monday–Friday,
8:30 am–5 pm
TTY 711

We Value Your Opinion

Please fill out a brief, anonymous survey at mvplistens.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**. The MVP Diabetes Care 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.

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.

Diabetes Tests Checklist

There are certain tests and exams that people living with diabetes should have done at least yearly, to avoid any complications.

Bring this list with you to your next doctor's visit to see if you are due for any of the following. Talk to your doctor about your results so you can understand what they mean to you.

Retinal Eye Exam

Get a retinal exam by an eye doctor every year to check for signs of diabetic retinopathy. Have this exam even if your medical doctor has examined your eyes, and even if your vision seems fine.

Hemoglobin A1c (HbA1c)

Have this test every six-to-12 months to show your average blood sugar level over the previous two-to-three months. A result of less than 7% can reduce your risk of complications such as kidney damage, blindness, nerve damage, and circulation problems.

Urine Protein

This test checks for early signs of kidney problems which can be treated and can help prevent future problems.

LDL Level

Sometimes called "bad" cholesterol, it can lead to blocked arteries, which can lead to a heart attack.

Complete Foot Exam

People living with diabetes are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.



Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results.

Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered
- Bring a “health history” list with you and keep it up to date
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (including when and how often you take them) and their strength
- Bring someone along to help you ask questions and remember the answers



Source: Agency for Healthcare Research and Quality (AHRQ)

Living Well Programs— Register Today!

MVP offers a variety of programs designed to support your health and well-being. Upcoming Spring programs include:

- Hip Health Fitness Class
- Meditation for Anxiety
- Healthy Sleep Habits
- Eat to Stay Strong Cooking Class
- Building a Balanced Plate Presentation

Learn more or register at mvphealthcare.com/calendar.

Diabetes Support at Your Fingertips

If you have questions related to diabetes and need answers quickly, the *Gia*® by MVP mobile app is here when you need it. Connect with a doctor to talk about managing diabetes, your medications, and even concerns about stress or anxiety.



Scan the code with the camera on your mobile device, or visit GoAskGia.com to get the app.

You also have access to nutritional services through our partner, myVisitNow. Speak with a dietitian about your nutritional needs or get help starting or maintaining a healthy eating plan. Download the myVisitNow app or visit myvisitnow.com.

Stay a Step Ahead with Preventive Care

Preventive care helps you stay healthy by screening for illnesses early on when treatment is more effective. Talk to your doctor to find out if you are due for screenings or any other preventive care services.



Health and Wellness or Prevention Information

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Get Your Newsletter by Email

Good news! You will soon be able to get this newsletter by secure email. Make sure your communication preferences are up-to-date. Sign in to Gia at my.mvphealthcare.com and under Important Links, select *Communication Preferences*. Select *Go Paperless!* and be sure email is selected for Plan Related Documents.

Have a Health Question?

Our Health Library is your one-stop resource for the latest health information. Visit mvphealthcare.com/HealthandWellness.



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MVP Health Care

625 State Street
Schenectady, NY 12305-2111
mvphealthcare.com

