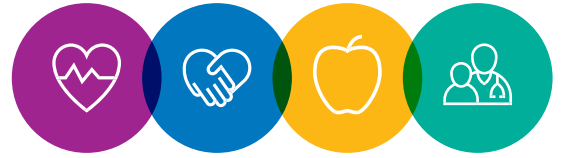


Health Coach



TIPS FOR A HEALTHIER LIFE



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

Sources: aao.org/eye-health/diseases/what-is-diabetic-retinopathy; cdc.gov/diabetes/hcp/clinical-guidance/promote-eye-health.html

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 the 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 6 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.
- ✓ **eGFR:** This is a blood test that checks for early signs of kidney problems which can be treated and can help prevent future problems.



Member rewards for diabetes screenings.

Dell Children's Health Plan members get a one-time \$40 reward for getting a diabetes screening: HbA1c blood sugar test.

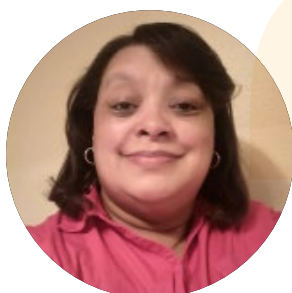
See your member handbook for details. Restrictions may apply.

Our Service Coordination team can help you find a provider or get the testing you need. Call the Service Coordination team at **512-324-3015 (TTY 7-1-1, toll-free 1-844-964-3015 (TTY 7-1-1))** or email at dchp-cm@ascension.org.

Service Coordinator spotlight

Grace Williams. Registered Nurse, Maternal Health Service Coordinator

Grace has been a Registered Nurse for over 30 years. She started her nursing career as a nursing assistant when she was 17 years old. She has worked in all areas of nursing, but found her passion in Maternity Nursing. She has worked in Labor and Delivery and Postpartum for over 20 years. Grace has helped clients during all stages of pregnancy and after delivery as a bedside nurse and a maternity healthcare educator before coming to Dell Children's Health Plan.



In Grace's words:

I have loved nursing and helping people since I could remember. Nursing is not just my career, it is my calling. Even after 20 years of maternity nursing the birth of a baby is still a miracle to witness. I am very passionate about patient education and advocating for their needs. I also enjoy walking, reading and cooking and spending time with my family and friends.

Holiday Depression vs. Seasonal Affective Disorder (SAD)

Holiday depression and SAD can be difficult to distinguish from one another, but the duration and severity of symptoms are usually the best clues.

Holiday Depression

- ✓ Starts around November or December and lifts shortly after the new year ends
- ✓ Symptoms are fairly mild

Seasonal Affective Disorder (SAD)

- ✓ Typically lasts about 40% of the year—starting in the late fall and early winter until the spring and summer.
- ✓ Often more severe and can be debilitating

If the holiday season passes and you're still feeling depressed or anxious, talk to your doctor or a mental health professional to determine if what you are experiencing is a more significant mood disorder.

Source: [verywellmind.com/holiday-blues-4771716](https://www.verywellmind.com/holiday-blues-4771716)



Need behavioral health care?

If you are experiencing any sadness or other symptoms that trouble you, reach out to your doctor or call Magellan at **1-800-424-1764 (TTY 7-1-1)** to speak to a behavioral health provider.

You can also call the Service Coordination team at **512-324-3015 (TTY 7-1-1)**, toll-free **1-844-964-3015 (TTY 7-1-1)** or email at dchp-cm@ascension.org.

You don't need approval. When you make an appointment, tell them you are covered by Magellan.

What to do when you're sick

It's cold and flu season, and it can be hard to know what to do when you get sick. Often, colds and the flu can be treated at home. Here's what to do when you're sick:

- ✓ **Call the doctor.** Even if the doctor's office is closed, someone will call you back to tell you what to do.
- ✓ **Call the 24-hour Nurse HelpLine at 1-855-712-6700 (TTY 7-1-1).** You can talk to a nurse for advice or help finding care anytime.
- ✓ **Go to an urgent care or after-hours clinic.** You can find one near you at bit.ly/DCHP-careEN.
- ✓ **The emergency room is for emergencies only.** You should only go to the emergency room if you are told to or if you are having a medical emergency.



Stay protected against the flu during the holiday season.

Dell Children's Health Plan members 3 years and older can earn a \$25 reward for getting a flu shot. See your member handbook for details. Restrictions may apply.

Check out the Notice of Privacy Practices online

This document tells you how and when we use or share your health information. You can find the Dell Children's Health Plan Privacy Practices online at bit.ly/DCHP-HipaaEN or in your member handbook. If you need a copy of your member handbook or if you have questions about how we use your health information, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

Do you know your member rights and responsibilities?

You can find your member rights and responsibilities in your member handbook at bit.ly/DCHP-HandbooksEN. If you need a copy of your member handbook or if you have questions about how your health plan works, please call **Member Services at 1-855-921-6284 (TTY 7-1-1)**.

Member Advocates are here to help you!

Member Advocates can help you with problems you may have getting health care services, problems or if you have a complaint. Just call **1-855-921-6284 (TTY 7-1-1)** and ask to talk to a Member Advocate.



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For more information email us at dchp-CM@ascension.org

