

If you are newly diagnosed with diabetes, it is normal to feel overwhelmed. A good place to begin is to schedule an appointment with one of the Cigna Medical Group Diabetes Educators. You will meet with a certified diabetes educator who specializes in the care of people with diabetes.

If you have had diabetes for many years, you may be feeling burned-out. Meeting with a diabetes educator or attending a group training session may be just the boost you need to get back in the game.

Diabetes is a self-managed disease. The more you know, the more confident you will feel, and the more successful you will be.

Cigna Medical Group has a variety of classes you can choose from:

- The Basic 5-Week Training Class: A comprehensive diabetes training course for the newly diagnosed or for those who want to update their knowledge.
- The Continuing Diabetes Training Class: A one-session group for those who want to touch base with their diabetes training team.
- Diabetes Q&A Session: An interactive Q&A session for those who are dealing with diabetes and other chronic illnesses.
- Diabetes Fast-track: A one-day class that touches on the basics in a fast-paced format. This class is available at various locations and on Saturdays.

Taking care of your diabetes will mean changing your lifestyle. To keep you updated and on the right track, stay in touch with your doctor, diabetes educator and other members of your health care team. Your health care team at Cigna Medical Group is available for you every step of the way.

Avoid alcohol or discuss its use with your health care team.

To learn more or to schedule an appointment with one of our diabetes educators, please call **623.876.2355**.

2011 Highest rated Arizona Medicare Advantage Plan ★★★★★



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Type 2 Diabetes Preview

A Cigna Medical Group diabetes educator can help you develop your diabetes management plan.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

HOW THE BODY WORKS

1. Insulin helps move sugar (glucose) into the cells.
2. In type 2 diabetes, insulin is not doing its job efficiently.
3. Sometimes there just isn't enough insulin to do the job.
4. Due to a lack of insulin, or because the insulin is not working well, blood sugar goes up.

WHAT CAN I DO TO MANAGE TYPE 2 DIABETES?

Your diabetes care plan will include five main areas of care. They are all important for managing your diabetes. Your health care team will help you adjust these areas of care according to your individual needs.

Lose weight if you need to

Being overweight keeps your insulin from working efficiently. Losing even a small amount of weight can improve your blood sugar. The best way to lose weight is to cut back on your food portions. Start with these simple tips:

- Use a smaller plate
- Don't take second helpings
- Eat more slowly
- Drink water with meals

Eat healthy

People with diabetes should eat the same type of healthy diet as people who don't have diabetes. A diabetes educator can help you modify your present diet to manage diabetes. Get started with these simple tips:



- Eat at regular times
- Fill half of your plate with fruits and vegetables
- Eat fresh fruits as snacks
- Use only lean meats and low-fat dairy
- Limit sweets until you talk to a Diabetes Educator
- Use non-calorie beverages

Be active

There are many benefits of exercise, but when you have diabetes it is especially important to be active. Exercise helps your insulin work. In most people, exercise reduces blood sugar. Check with your doctor before you begin a new exercise regime.

Test blood sugar

Testing your blood sugar will tell you if your diet plan, exercise and medicine are working. Your diabetes educator will help you set safe blood-sugar targets. Your targets may depend on the type of diabetes medicine you are taking. Until you receive more specific guidelines, use these targets:

- Before meals – 70 –130
- Two hours after meals – less than 180

Take medicine if you need to

Your doctor may prescribe diabetes medicine to help you bring your blood sugar under control. The medicine will work best if you follow a regular schedule of eating and taking the medicine. If you skip meals, you may be at risk for low blood sugar. If you eat too much, your blood sugar will be high after the meal. Your medicine, along with a healthy diet plan and exercise, will work together to keep your blood sugar under control.

