

Diabetes Awareness Month



YOUR CARE TEAM

You may work with many different kinds of healthcare providers who are part of your diabetes care team.



Primary Care Provider

Gives you routine medical care, including physical exams, lab tests and prescriptions.



Endocrinologist

Specializes in diabetes and other diseases of the endocrine system.



Pharmacist

Knows about medicines, what's in them, and how they interact.



Registered Dietitian

Guides you to use what you eat and drink as tools for managing your blood glucose.



Fitness Professional

Helps you find exercises that are safe for you, and ensure you get the most out of exercise.



Mental Health Professional

Helps you deal with everyday challenges as well as emotional issues.

MENTAL HEALTH

It's important to stay in touch with your emotions as you manage your diabetes. Take time to inventory your feelings and talk honestly and openly about how you feel. Better yet, find a mental healthcare provider to guide you through your emotions. With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.



TECHNOLOGY

Diabetes technology has come a long way. Here are some tips on how to choose the right technology for you:

- Some meters are made for simpler operation, with larger buttons, illuminated screens, and audio capabilities.
- Meters have different prices and some insurers only cover specific models.
- Consider if it's important that you can download your results to a computer or mobile device to email it to your doctor.



TYPES OF MONITORS



Continuous Glucose Monitor (CGM)

If you have type 1 or type 2 and just want better glucose control, CGM may be right for you. It's a way to check glucose readings in real-time or monitor readings over time.



Insulin Pumps

Pumps are programmed to release small doses of insulin continuously or as a surge dose close to meal time to control a rise in blood sugar. They work by closely mimicking your body's normal release of insulin.

SUCCESS STORY

MEMBER

77 Year Old Male

GOALS

To better manage diabetes and monitor blood pressure on a regular basis.

SUCCESS

Member was reluctant to see his doctor for a diabetic A1c recheck, because he says he takes his medications and did not want to take any more, nor did he want to see his doctor when he didn't feel he needed to. But after working with his HMC HealthWorks Nurse Health Advocate over the phone, he began to ask questions and became more proactive in changing his diet and health.

OUTCOMES

Member is monitoring his blood sugar levels and shares his values with his HMC Nurse Health Advocate. He is making a correlation between what he eats and his numbers. Through his conversations with his HMC nurse, member gained a great deal of knowledge, has changed his diet and is now monitoring both his blood sugar and blood pressure on a regular basis.

IN HIS OWN WORDS

"I was eating 2-3 white potatoes at times because I thought they were high in potassium, but I did not realize it would affect my blood sugar."

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



ONE SKILLET APPLE CIDER CHICKEN

Ingredients

- 4 thighs (bone in and skin on)
- 1-1/2 tbsp. of olive oil
- 3/4 cup of apple cider
- 2 apples
- 2 tsp. Fresh thyme or 1/2 tsp. of dried
- 1 medium sweet onion, cut into half inch pieces
- 1 tsp. of garlic powder
- 1 medium sweet potato, peeled and cut into chunks
- 1 tbsp. of Dijon mustard
- 1 tsp. of cornstarch mixed with 4 tbsp of water

Directions

1. In a large skillet, heat the oil over medium high heat. Add in the chicken thighs and brown for 5-7 minutes per side depending on the size of your chicken. Remove from skillet and place on a plate covered with foil. The chicken will cook a bit more while it rests.
2. Turn the heat down to medium and add in the sweet potato chunks. Cook for 3 minutes.
3. Stir in the apples and cook for an additional 3 minutes.
4. Add in onion thyme, and garlic powder. Stir to combine and cook for an additional few minutes.
5. Mix in the apple cider and mustard making sure to mix it well and cover everything in the pan with the cider. Making little wells in the skillet, add the chicken back in, cover, and cook for an additional few minutes.
6. Remove chicken and add in the cornstarch slurry. Mix thoroughly and let sit for a couple minutes to thicken the sauce.
7. Divide into 4 servings, topping the chicken and veggies with the sauce.

