

Tips for Managing Your Diabetes

Blood Sugar



Checking your blood sugar is one of the most important things you can do. The Upper Peninsula Health Plan (UPHP) provides glucose monitors free of charge to members with no co-payment. Members can obtain test strips and lancets from their pharmacy. To obtain a new or replacement monitor, speak to your primary care provider (PCP). He or she can order it for you.

Hemoglobin A1c Test



A hemoglobin A1c level of less than 7% is considered having blood sugars in control. For most people, this test should be done every 3 to 6 months. *If it has been longer, please talk to your PCP about when you need to get this done.*

Eye Exam



Having diabetes puts you at risk for eye disease. *Getting your eyes checked yearly is a very important part of your diabetes care.* Finding vision changes early can help reduce your chances of eye disease.

Cholesterol Level (LDL)



This is a lab test you should have once a year that checks your cholesterol levels. *Keeping this level low helps reduce the risk of heart disease and stroke.*

Kidney Function Test



This test checks for any possible kidney disease. Kidney disease is another possible complication of diabetes. *It is important to have this test done yearly.*

Feet Inspection



It is very important that you check your feet daily for any open areas; sores; or dry, cracked, or peeling skin. People with diabetes can have decreased feeling in their feet from having nerve damage. Sores and cracks may go unnoticed. This can lead to an infection and a lengthy wound healing process. Many amputations and open wounds could be prevented if more people checked their feet daily.

Diabetes Education



The more you know about diabetes, the more you will be in control of your disease. Sometimes talking with your PCP about diabetes is not enough. A diabetes educator can take more time with you to answer questions you may have. *This is a covered service of UPHP.* As a member of the UPHP, you may have this service yearly. *If you would like to have diabetic education set up, talk to your PCP about a referral.*

Tobacco Use



Having diabetes and being a tobacco user puts you at much greater risk for heart and lung diseases. The sooner you are able to quit, the healthier you will be. *It is not easy to quit tobacco, so if you need help, speak to your PCP. He or she will be able to help you to break the habit.*

If you have questions about UPHP's Diabetes Disease Management Program, call the Clinical Services Department at 1-888-904-7526 or 1-906-225-7504