

DIABETES TOOLKIT

Diabetes can be hard and confusing. This toolkit is meant to help our members who have diabetes or prediabetes. We are here for you. Please reach out to our clinical coordinator, Mary. She is ready to help and support you!

START YOUR DIABETES JOURNEY WITH THESE RESOURCES!

DOCUMENTS



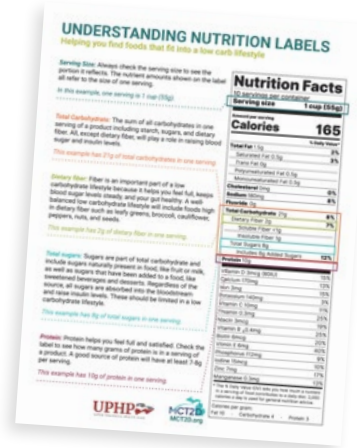
[Here](#) is the contact information and introduction for our Diabetes Clinical Coordinator.



[Prediabetes Handout](#) – This talks about why it's important to test for prediabetes. The next page shows how uncontrolled diabetes can harm many parts of the body.



[MCT2D Building Your Plate](#)



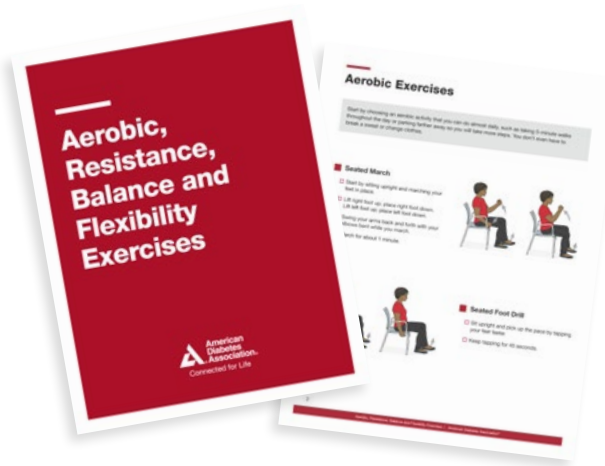
[MCT2D Understanding Nutrition](#)



MCT2D Low Carb Lifestyle



MCT2D Low Carb Cheat Sheet



American Diabetes Association (ADA) offer [these handouts](#) that explain tips for healthy eating and staying active.

LINKS

Better Choices Better Health provides a free online program for individuals with diabetes or prediabetes. This program teaches how to handle their condition by covering subjects like healthy eating, exercising, managing stress, and setting goals. It also includes support groups and extra resources.

The Cleveland Clinic has a helpful video that talks about the early signs of diabetes. The video explains what diabetes is and shares important warning signs to watch for.

[10 Early Signs of Diabetes](#)

Watch this video from Mayo Clinic that explains the basics of Type 1 Diabetes.

[Mayo Clinic Explains Diabetes](#)

The CDC gives important advice on how to take care of your feet. They explain why foot care is important. [Your Feet and Diabetes | Diabetes | CDC](#)

Diabetes can affect your whole body. Click the following link to learn more. [Put the Brakes on Diabetes Complications | Diabetes | CDC](#)

The Michigan State University Extension provides exercises that use a chair and do not need any special equipment. [Dining With Diabetes](#)

Did you know that diabetes that isn't controlled can harm your kidneys? National Kidney Foundation [Managing Blood Sugar For Kidney Health | National Kidney Foundation](#) and [Preventing Diabetic Kidney Disease: 10 Answers to Questions | National Kidney Foundation](#)

Reach out to **Mary Walters, LPN, Diabetes Clinical Coordinator**, if you have any questions
906.227.5691 | mwalters@uphp.com

Upper Peninsula Health Plan (UPHP) MI Health Link (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

You can get this document free of charge in other formats, such as large print, braille, or audio. Call 1-877-349-9324 (TTY: 711) Monday through Friday from 8 a.m. to 9 p.m. Eastern Time. The call is free.

