How can I keep my children diabetes-free?

You can help your children reduce their risk of developing type 2 diabetes by encouraging them to join you in your healthier lifestyle habits. Have them join you on walks or other exercise activities. Eat healthy meals together, and don't buy high-fat or sugary snacks.

Talk with your child's doctor if you think your son or daughter is overweight. Childhood weight gain or obesity is a risk for diabetes. If your child has symptoms like peeing a lot. feeling tired, nausea, or extreme thirst, see his or her doctor for a full checkup. These could be early signs of diabetes.

How can Health Partners Plans help me?

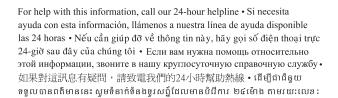
Health Partners Plans' Healthier You Diabetes program is available to all members with diabetes. Call 1-866-500-4571. We will work closely with you to address your medical concerns and provide you with the support and information you need. You will also have access to:

- A personalized, interactive portal where you can earn rewards just for taking care of your health. Register today at www.everybodygethealthy.com/HPP.
- Text messaging programs with health tips and information.
- A 24-hour Nurse Advice Line, staffed by highly experienced registered nurses. Call 1-866-825-6717 for Medicaid members or 1-800-551-0328 for Medicare members. TTY users for both plans may call 1-877-454-8477.

If you need help finding a doctor or have other questions about your plan, please call our 24-hour Member Relations department at the numbers listed on the back of this brochure.



Doing it right.



Health Partners 1-800-553-0784 • 215-849-9600

Health Partners Medicare 1-866-901-8000

TTY: 1-877-454-8477 • 215-849-1579

Health Partners Plans 901 Market Street, Suite 500 Philadelphia, PA 19107 HealthPartnersPlans.com



Taking control of diabetes Prevention and Control

Health Partners Plans

What is diabetes?

Diabetes is a condition where the body cannot manage insulin properly. Insulin is a hormone that helps digested food, stored in the body as a sugar called glucose, be used as energy. If glucose isn't used and builds up to high sugar levels, there can be serious complications. There are two types of diabetes:

Type 1 diabetes occurs when the body does not make enough insulin to control the sugar level. It can occur at any age, but is most often seen first in children and young adults.

Type 2 diabetes is the most common form of diabetes. In people with type 2 diabetes, either the body doesn't produce enough insulin or the body cells ignore the insulin. Those who are at risk include people who are overweight or who have a family history of diabetes.

Gestational diabetes is another form of diabetes that develops during pregnancy. It is caused by changes in pregnancy that affect the amount of insulin the mother's body makes. Women who have gestational diabetes have an increased risk of developing type 2 diabetes later in life.

Can diabetes cause health complications?

Yes. Diabetes can be serious — even life threatening, but it can be controlled. If not controlled, the buildup of sugar in the blood can lead to:

- Cardiovascular disease including high blood pressure, stroke and poor circulation
- Kidney disease
- Nerve damage
- Eye problems
- Foot problems
- Slow healing of infections

How can I control my diabetes?

It's important to keep your blood sugar at the right level and see your primary care doctor for every checkup. Your doctor will work with you to create the best plan for your condition, and monitor your:

- Hemoglobin A1c (blood sugar average over 3 months)
- Eyes through a dilated eye exam
- Feet to make sure your circulation is good
- Cholesterol
- Urine protein
- Teeth and gums
- Blood pressure
- Weight



What else can I do to stay healthy?

Make sure you eat the right kind of foods. Avoid processed foods that are high in fat and sugar. Select fresh fruits, vegetables and whole grains. Read food labels to see what's really inside the foods you're eating.

If you need to lose weight, ask your doctor to help you develop a plan of diet and exercise. Health Partners Plans offers Weight Watchers® and fitness center memberships as part of your benefits. Whether you are looking to drop a few pounds or simply maintain a healthy weight, regular exercise is good for keeping your blood sugar levels in check.