Understanding Diabetes

Diabetes is a common disease that can cause health problems including heart disease, stroke, eye disease, foot problems, and gum disease. Although diabetes is serious, your Commonwealth Care Alliance® care team can work with you to manage the disease successfully.

What are the risk factors for diabetes?

Being overweight is one risk factor, but people who are a normal weight or only moderately overweight can also develop diabetes. Other major risk factors include how much physical activity you get, your family background, and your age.

Is diabetes caused by eating too much sugar?

A diet high in calories from sugar or other sources can cause weight gain. Weight gain increases your risk for diabetes, so eating a healthy diet is important. However, eating sugar is not the only cause of diabetes.

Do sugary drinks cause diabetes?

Yes, drinking sugary drinks can help lead to diabetes. You should avoid regular soda, fruit drinks, energy drinks, sports drinks, and sweet tea.

Can people with diabetes eat bread, potatoes, pasta, and rice?

Yes, these foods can be part of a healthy meal, but portion size is important. When you eat these foods, your portion size should be small to moderate.

Information from the American Diabetes Association. Please visit diabetes.org to learn more.

Getting reimbursed for medications

If you paid for a medication your providers prescribed, CCA will pay you back. To get your money back, you need to fill out and send us a Reimbursement Form. To find this form, follow these steps:

2. Go to the "For Members" section and choose "Pharmacy Program" from the drop-down menu.
3. Click on "Prescription Drug Coverage" and open the "Reimbursement" section.
4. Download the Navitus Health Solutions Reimbursement Form.

If need help finding or filling out the form, talk to your care partner or call CCA Member Services at 866-610-2273 (TTY 711) from 8 a.m. to 8 p.m., 7 days a week.

CCA complies with applicable Federal civil rights laws and does not discriminate based on race, ethnicity, national origin, religion, gender, gender identity, sex, age, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability or geographic location. For more information concerning CCA's non-discrimination policy, please visit commonwealthcarealliance.org/NonDiscriminationNotice. This Plan is available to people who live in the plan's service area, are aged 65 or older, and have Medicare and MassHealth Standard or just MassHealth Standard alone. CCA cumplen con las leyes federales de derechos civiles aplicables y no discrimina en base a raza, etnia, origen nacional, color, religión, sexo, edad, alguna discapacidad mental o física, estado de salud, experiencia en reclamaciones, historial médico, información genética, evidencia de la idoneidad para ser asegurado o ubicación geográfica. A CCA cumpre as leis de direitos civis federais aplicáveis e não exerce discriminação com base na raça, etnia, nacionalidade, religião, gênero, identidade de gênero, sexo, idade, deficiência física ou mental, estado de saúde, experiência com sinistros, histórico médico, informação genética, prova de segurabilidade ou localização geográfica. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866-610-2273 (TTY 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 866-610-2273 (TTY 711).

CCA complies with applicable Federal civil rights laws and does not discriminate based on race, ethnicity, national origin, religion, gender, gender identity, sex, age, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability or geographic location. For more information concerning CCA's non-discrimination policy, please visit commonwealthcarealliance.org/NonDiscriminationNotice. This Plan is available to people who live in the plan's service area, are aged 65 or older, and have Medicare and MassHealth Standard or just MassHealth Standard alone. CCA cumplen con las leyes federales de derechos civiles aplicables y no discrimina en base a raza, etnia, origen nacional, color, religión, sexo, edad, alguna discapacidad mental o física, estado de salud, experiencia en reclamaciones, historial médico, información genética, evidencia de la idoneidad para ser asegurado o ubicación geográfica. A CCA cumpre as leis de direitos civis federais aplicáveis e não exerce discriminação com base na raça, etnia, nacionalidade, religião, gênero, identidade de gênero, sexo, idade, deficiência física ou mental, estado de saúde, experiência com sinistros, histórico médico, informação genética, prova de segurabilidade ou localização geográfica. ATENÇÃO: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866-610-2273 (TTY 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 866-610-2273 (TTY 711).

© 2018 Commonwealth Care Alliance
Getting a flu shot every year is your best protection against the flu. The flu virus is constantly changing so you need a new shot every year.

Flu shots are safe and do not cause the flu. Sometimes, you may have mild side effects like soreness, redness, and swelling where the shot was given. These side effects are not dangerous.

Adults 65 and older need a flu vaccine! People’s immune systems become weaker with age. That means seniors have a high risk of getting seriously sick from the flu. However, the good news is that you can protect yourself by getting a flu shot.

Flu season is here. Get your free flu shot today!

Follow these tips to manage your health and to prevent complications from diabetes or high blood pressure:

- Visit your care provider regularly for:
  - Blood pressure checkups
  - Blood sugar and kidney tests for diabetes

- Visit your eye doctor every year because:
  - Diabetes increases your risk of eye diseases.
  - An eye exam can find problems early so they can be treated.

- Take your medications on time every day!
  - CCA offers free services to help you manage your medications.

If you need help, call CCA Member Services at 866-610-2273 (TTY 711) from 8 a.m. to 8 p.m., 7 days a week. We can schedule a health appointment for you or arrange transportation to an appointment.

Taking Care of You: Managing Diabetes

5 ways to manage diabetes

1. For a meal, fill half of your plate with vegetables and fruit, one quarter with a lean protein, and one quarter with a whole grain.
2. Get the regular blood tests and other tests your doctor recommends.
3. Take your medicines for diabetes even when you feel good.
4. Check your feet every day for cuts, blisters, red spots, and swelling. Call your primary care provider or care partner about sores that do not go away.
5. Brush your teeth and floss every day to keep your mouth, teeth, and gums healthy.

Do you know about statins? Medications called “statins” reduce your risk of heart attack and stroke. Statins work by lowering cholesterol. Look for the word “statin” at the end of your medication name. If you have diabetes, talk with your care provider or CCA care partner to find out if a statin is right for you.

Healthy Eating: Beef and Vegetable Stir-Fry

November is National Diabetes Month. This tasty, low-carb dinner is recommended for people with diabetes—and others!

**Ingredients**

(2 servings)

- ½ tablespoon cornstarch
- 1/8 cup reduced-sodium soy sauce
- ¼ cup water
- 1 tablespoon canola oil
- 1 small onion, cut into thin wedges
- 1 ½ cups frozen vegetables, defrosted

**Directions**

1. Mix cornstarch, soy sauce, and water until smooth. Set aside.
2. In a large frypan, heat 1 tablespoon oil over medium-high heat.
3. Stir-fry beef until browned, 2-3 minutes. Remove from pan.
4. Stir-fry onions and defrosted vegetables in the remaining oil for 3 minutes.
5. Add cornstarch mixture to pan. Bring liquid to a boil. Cook and stir until thickened and bubbly, 1-2 minutes.
6. Stir in beef and heat through.

**Nutrition Facts (1 serving)**

- 259 calories, 12 grams fat, 10 grams carbohydrates, 27 grams protein

If you haven’t had your flu shot, call your care provider or CCA care partner today to schedule an appointment!