

Managing Diabetes



Molina Healthcare of Wisconsin cares about your health and well-being. We're here to offer extra support to members who may want help managing blood sugar levels and managing diabetes. We've put together some simple steps to help you take care of your health.

When to visit your doctor

If you have diabetes, see your doctor at least once a year.

- ✓ Your doctor will check your ABCs:
 - **A is for A1C.** Your doctor will check your A1C with a blood test. The A1C goal for most is below 7. It may be different for you. Ask your doctor what your goal should be. You'll need to get tested several times a year.
 - **B is for Blood Pressure.** The blood pressure goal for most is below 140/90. It may be different for you. Ask your doctor what your goal should be.
 - **C is for Cholesterol.** Ask your doctor what your cholesterol numbers should be. Your goals may be different from other people. If you are age 40 or older, you may need to take a statin drug for heart health.
- ✓ Diabetes can affect your blood flow and lead to problems in other parts of your body so your doctor will:
 - Do a full physical exam
 - Check your kidney function
 - Do a complete foot exam
 - Do a dilated eye exam

We're here to help!

If you need help getting care, getting information about diabetes, or to request Case Management, call us at **(888) 999-2404 (TTY: 711)**.



Need help finding a doctor?

Call Member Services Monday-Friday 8 a.m.-5 p.m. at **(888) 999-2404 (TTY: 711)**.



Need transportation?

Already have a car or a ride? You can schedule a ride or get reimbursed for gas to appointments! Call **(866) 907-1493**.

Fast Food Advisor



When you can't avoid Fast Food, these choices won't get you too far off track. After these meals, it would be a good idea to avoid eating salt for the rest of the day.



**Hamburger,
No Ketchup
or Pickles
and Kids Fry**



**Filet-O-Fish®
No Cheese
and Apple Slices**



**Whopper Jr.
No Mayo
and Chocolate
Chip Cookie**



**4 Piece Chicken
Nuggets and
Applesauce**



**Sweetfire
Chicken Breast
and Fortune Cookie**



**Broccoli Beef
and Fortune Cookie**



**Steel-Cut Oatmeal,
Tall Cappuccino and
1 Chocolate Chip Cookie**



**Tall Caramel
Macchiato and 1 Petite
Vanilla Bean Scone**



**Jr. Hamburger
with Lettuce,
Tomato, and Onion
and Apple Bites**



**4 Piece Chicken
Nuggets and
Plain Baked Potato**



Tips

HOLD sauces, mayo,
guacamole, sour
cream, whipped cream

AVOID fried, crispy,
breaded items

TOSS half the bun,
breaded coating

USE fat-free and
low-fat, mustard,
and salsas

PILE ON lettuce
and veggies

DRINK water



**2 Slices of
Small Veggie Lover's
Thin 'n Crispy Pizza
OR Small Thin 'n Crispy
Cheese Pizza**



**3 Naked Wings
and 1 Cinnabon
Mini Roll**



**6 Inch Sub on 9-Grain
Wheat, Chicken Breast
OR Tuna,**



with Onions, Cucumber,
Green Pepper, Lettuce,
Olive Oil Blend



**2 Crunchy Tacos
with Beef and Lettuce**



**1 Black Bean
Chalupa**



**3 Soft Shell Tacos
with Chicken, Lettuce,
Green-Chili Salsa**



**Salad Bowl
with Chicken, Guacamole,
Lettuce, Green-Chili Salsa**