



BlueCross BlueShield of New Mexico



Diabetes is a chronic health condition that affects how your body turns food into energy

More than 37 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but more and more children, teens and young adults are also developing it.

You can manage your diabetes through:

- Healthy nutrition
- Exercise
- Medication
- Stress management

With **Type 2 diabetes**, your body does not make or use insulin well. This results in high blood sugar which can lead to a lot of health problems if it isn't well managed.

Well onTarget®



Nutrition

Use the Diabetes Plate Method¹ to plan healthy, balanced meals:

- **½ plate non-starchy vegetables.** Examples: leafy green vegetables, broccoli and cauliflower.
- **¼ plate lean protein.** Examples: chicken, seafood, and plant-based protein sources such as tofu.
- **¼ plate carbohydrates.** Examples: starchy vegetables like potatoes and peas and whole grains.

The above “plate” can help guide you when choosing your menu for a healthy meal.



Medication

- There are several medications that help control diabetes, including those that can be taken orally and injected.
- Take all prescribed medications as directed. All medicines have side effects so talk to your doctor if you are experiencing any adverse reactions.

Know what medications to avoid that may raise blood glucose. Your doctor can help you manage your prescriptions if you are taking them for multiple conditions.



Stress Relief

Be aware of how stress affects your body because it can:

- Raise blood glucose (blood sugar) levels
- Activate fat cells
- Contribute to insulin resistance
- Impact sleep, which impairs glucose tolerance
- Affect blood pressure

Find healthy ways to deal with stress such as exercise, journaling, meditation and prayer.



Exercise

Exercise is important for many reasons but for diabetics, it can:

- Improve blood sugar levels
- Lower your risk of heart disease and nerve damage¹

Start with walking ten minutes every day. Aim for 150 minutes of moderate intensity exercise per week.

My goals to better manage my Diabetes:

1. cdc.gov

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