

## Information you can use to TAKE CONTROL of your health

Issue 2, 2022

### SPRING FOR BETTER HEALTH >>>>

May is mental health awareness month. It's a reminder that taking care of your mind is just as important as taking care of your body. Depression, anxiety and other mental health issues often go hand in hand with physical health. Take control of your health. Talk with your health care provider if you're regularly feeling stressed, sad or angry. This is also a good time to learn new relaxation techniques.

### FOUR EASY WAYS TO RELAX

1. Practice focused breathing
2. Massage your scalp
3. Shrug your shoulders
4. Go for a walk

### KNOW YOUR DIABETES EMERGENCY PLAN >>>>

It's important to be prepared for emergencies. Spring weather often brings major storms and natural disasters. Make a plan now to stay healthy during a power outage or evacuation. Also consider wearing a medical alert tag or bracelet to inform first responders of your medical conditions and/or allergies.

#### HAVE A SICK DAY PLAN

Diabetes is harder to control when you are sick with a cold or infection. For those with insulin dependence, it is particularly important to have a sick day plan. If your child has type 1 diabetes, share the plan with their school and caregivers. Then you'll be prepared in case of illness.

#### What to do if you are sick

- Continue to take your insulin.
- Check your blood glucose values every 3-4 hours.
- Check for ketones at least every 4-6 hours, even if your blood glucose values are not high.

#### When to call your care team

- If you (or your child) have type 1 diabetes and you do not have a sick day plan for insulin doses.
- Your blood sugars remain 300+ mg/dL for more than 6 hours.
- If your ketone level is moderate or high. This indicates you are at risk of DKA.
- If you are vomiting or have diarrhea for more than 6 hours.
- Any time you aren't sure what to do.

#### **STOP DKA: GET HELP RIGHT AWAY**

Diabetic ketoacidosis (DKA) is a medical emergency. It occurs when your body breaks down fat for energy, this process creates acids called ketones. Elevated ketone levels can be toxic and life threatening. **If you suspect you have DKA, ALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**

### HAVE YOUR DIABETES EMERGENCY KIT READY

Give yourself peace of mind by packing a diabetes kit that you can quickly grab in case of emergency. Visit the TakeControl website to download a comprehensive checklist.

[myquadmed.com/hii/TakeControl](https://myquadmed.com/hii/TakeControl)



## APRIL SHOWERS BRING ... ASTHMA TRIGGERS >>>>

It's beautiful to see flowers blooming in the spring. But if you have asthma, it might be harder to control in upcoming months. Pollen, mold, poor air quality, even temperature change can cause allergic reactions and trigger asthma symptoms.

Work with your health care provider to create an asthma action plan to prevent and control attacks. If your child has asthma, share the action plan with schools, coaches and caregivers. Also list emergency contact information, including your health care provider and local hospital.

The individualized action plan will explain the steps to take based on your symptoms. It's as easy as a traffic light:



### GREEN

**Go, doing well**

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps well at night



### YELLOW

**Caution, getting worse**

- Some problems breathing
- Cough, wheeze, or chest tight
- Problems working or playing
- Wake at night



### RED

**Stop and get help now!**

- Lots of problems breathing
- Cannot work or play
- Getting worse not better
- Medicine not helping

## FIGHT BACK AGAINST HYPERTENSION >>>>

### UNDERSTAND THE HEALTH THREATS FROM HYPERTENSION

High blood pressure (hypertension) is called "the silent killer". Many people with hypertension report no symptoms. Like the plumbing in your home, high pressure in your blood vessels can lead to organ damage, for example to your eyes, heart, kidneys, etc. The time to act is now to prevent damage! Be sure you know your blood pressure targets and work with your provider to take control of your blood pressure.



### KNOW WHEN TO CALL 911!

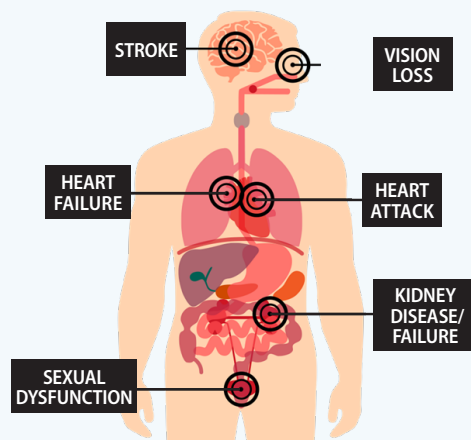
If your blood pressure is **VERY** high, you are at increased risk of heart attack, stroke and other life-threatening conditions. You might not have much time to get help. It's important to track your blood pressure and know when to call 911.

Possible symptoms include:

- Severe headache
- Shortness of breath
- Nosebleeds

**If your blood pressure is 180/120 or higher and you have ANY of the above symptoms, call 911 immediately.**

**If your blood pressure is 180/120 or higher and you have no symptoms:** Wait about five minutes and take your blood pressure again. If it is still high and you don't have any symptoms, call your health care provider for advice.



## MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

Newport News: (757) 327-4183

Ingalls: (228) 205-7667

[takecontrol@quadmedical.com](mailto:takecontrol@quadmedical.com)

QuadMed

# TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



*Scan the code to access the  
TakeControl website today.*