

A monthly wellness newsletter from Better You

Small steps: How healthy habits can manage diabetes

Keeping your body fueled with healthy foods is essential for good health. With diabetes, your body has trouble using blood glucose (sugar) from food for energy. But with a few changes to your daily habits, you can take control of your health and reduce your risk of complications that can affect your heart, kidneys, eyes, and nerves.

Eat for balance

A balanced diet is key to managing your blood sugar levels. Aim to include a source of lean protein, a complex carbohydrate, and a healthy fat in each meal. This combination helps your body get the fuel it needs at a steady pace, preventing big spikes in blood sugar. Think of it like a slow-burning fire that keeps you energized throughout the day. If you'd like support in this area, the community specialist or nurse at your local [Florida Blue Center](#) can help you.



Timing is everything

Getting proper nutrition throughout the day at regular times helps your body function better. It is important to know and work towards meeting your body's needs. This also helps you achieve and manage a healthy weight. Most people with diabetes see improvements in their blood sugar levels with as little as a 5% weight loss, no matter their starting weight.

Get moving

Being active is a powerful way to manage your diabetes. Find activities you enjoy, whether it's walking, swimming, or dancing, and make them a part of your daily routine. Exercise helps regulate your blood sugar levels and reduces stress. And don't forget

to get a good night's sleep – it's essential for overall health and can help you make better choices during the day.

Keep it simple

Managing your diabetes doesn't have to be complicated. Here are a few steps to help you:

- Eat a balanced diet with regular meals
- Stay active and find activities you enjoy
- Get a good night's sleep
- Manage stress with enjoyable activities
- Follow your health care provider's guidance on checking your blood sugar levels

Remember, small changes can add up to a big difference in your health.

Resources: [Eatright.org](#), [diabetes.org](#)

Know the warning signs after giving birth

Most women who give birth recover without problems. Some discomforts are normal, but others may need medical attention. Recognizing these post-birth warning signs and knowing what to do can help you stay safe and healthy.

When to call your doctor

If you experience any of the following symptoms, don't hesitate to call your health care provider:

- Severe pain, discharge, or redness around your C-section incision
- Pain, swelling, redness, or warmth in your legs
- Temperature higher than 100.4 degrees

- Bleeding that is heavier than your regular period, passing large blood clots, or soaking through a pad in an hour
- Severe headache, high blood pressure, or vision changes
- Feeling sad or hopeless for more than 10 days

Call 911 immediately if you have:

- Chest pain or difficulty breathing
- Seizures
- Thoughts of hurting yourself or your baby

Trust your instincts

You know your body best. If something doesn't feel right, call your health care provider. Going



to all your postpartum visits can help identify problems early.

Get support

Florida Blue pregnant members are eligible to enroll in the Healthy Addition® Prenatal Education Program. Email: healthyaddition@floridablue.com or Call: 1-800-955-7635 option 6. Learn more about Healthy Addition and your Florida Blue maternity benefits [here](#).

Resources: Marchofdimes.org

Cucumber Bites (Serves 1)

Ingredients:

- 6 cucumber slices
- 2 tablespoons plain hummus
- 2 tablespoons shredded Cheddar cheese
- Squeeze of sriracha hot sauce

Directions:

Top each cucumber slice with a little hummus, then sprinkle with cheese. Top each slice with a few dots of sriracha.



Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).

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