

Summer Health Tips and Diabetes

Use these tips to enjoy your summer while protecting your health and managing your diabetes!



Join the Good Health Gateway® Diabetes Care Rewards Program.

You'll get \$0 copays on covered diabetes medications and supplies and personalized support in meeting your health and A1C goals from certified diabetes educators (pharmacists, nurses, dietitians). Go to **GoodHealthGateway.com** to join.

Keep your medications and supplies out of the heat.

High heat and direct sunlight can reduce their effectiveness.



Check blood sugars frequently.

High and low blood sugars can occur in hot weather. Know the signs and what to do to treat them.



Stay hydrated.

Hot weather, exercise and high blood sugars can lead to dehydration. Drink plenty of fluids throughout the day, avoiding sugary drinks, to prevent dehydration.



Travel safely with your diabetes supplies.

If you go on vacation, remember to pack extra supplies and have a plan in case you run out while you are away.



Protect your eyes.

Wearing sunglasses is essential during the summer. Make sure they are marked 100% Ultraviolet (UV) protection.



Protect your feet.

Walking on hot sand or pavement can cause an injury or burn. Avoid walking barefoot. Wash and inspect your feet every day.



Exercise safely.

Remember to test your blood sugar before swimming, playing sports or any exercise. Know what to do if your blood sugar is low or high.

We're here to support you. Join Today.

800.643.8028 | Hablamos Español. | GoodHealthGateway.com

The Diabetes Program is offered to our health plan members with pre-diabetes or any type of diabetes. Participation is voluntary and confidential.

