DOING AWAY WITH DIABETES

The disease and how you can prevent Type 2

Diabetes is so prevalent among Americans that the month of November has been declared American Diabetes Month to help focus attention on this serious disease.

Health experts estimate that more than 18 million people are coping with this serious, lifelong disease. Most people with diabetes have the Type 2 form of the disease, which is more common among people who are older, overweight and physically inactive. The good news is that you can do something to prevent getting it!

• Eat a healthy, balanced diet. Avoid foods that are fried, heavily salted or sugared.
• Control how much and when you eat.
• Exercise and increase your overall physical activity.
• Drink more water and less soda, alcohol or caffeinated beverages.

GET A JUMP START ON HEALTHY LIVING WITH HEALTH NET

EXTRA WAYS THAT HEALTH NET CAN HELP YOU

Talk to a Health Coach any time! If you are diagnosed with diabetes, call a Health Coach to discuss treatment options and to put together a plan to help you address your diabetes or any other condition you may have. Health Coaches are specially trained health professionals (such as nurses, respiratory therapists and dietitians). They’re available 24/7 to answer questions and address your concerns. It’s another one of Health Net’s great benefits that can help you make more informed decisions about your health care.

To start you conversation, log on to the Health Net website (www.healthnet.com/uc) and go to It’s Your Life – Wellsite > Talk to a Health Coach and on that page you will see a list of the toll-free phone numbers you can call, and the Dialog Room where you can exchange secure and private online messages with a Health Coach. Once you’ve spoken with a Health Coach, this page is also where you can find links to information recommended specifically for you by the Health Coach.

The Living Healthy section of the Health Net website is an excellent way to learn about your personal health. Go to www.healthnet.com/uc and log on as a member. Then select It’s Your Life – Wellsite. In the green bar near the top of the It’s Your Life – Wellsite home page, there is a link called Living Healthy. Click on the small arrow to the right of this, and a menu will drop down. Select “Health Risk Questionnaire” to take this personal assessment and get recommendations about the steps you can take to improve your health. Other helpful topics include Weight and Nutrition, as well as a link to the LEAP fitness program.

Source: WebMD and American Diabetes Association

The Decision Power and It’s Your Life programs are not part of Health Net’s medical benefit plans nor affiliated with Health Net’s provider network. These programs provide access to additional resources and services free of charge or at discounted rates to enrollees of Health Net of California, Inc. and insureds of Health Net Life Insurance Company. The Decision Power and It’s Your Life programs may be revised or withdrawn in part or in whole at any time without notice. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

CA41379_Nov (11/07) Health Net of California, Inc. is a subsidiary of Health Net, Inc. Health Net® is a registered service mark of Health Net, Inc. All rights reserved.