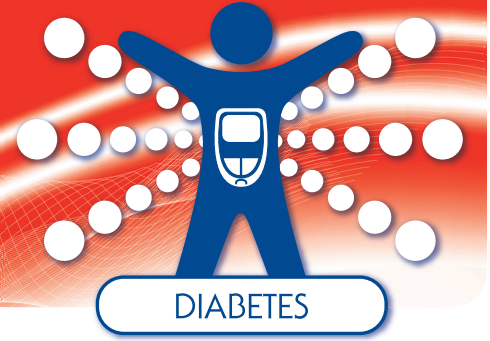


DIABETES

Happy Holidays from Unison!



800.414.6314

During this busy holiday season, many things can make your diabetes worse. One thing can be the holiday foods that are so tempting.

The extra stress of preparing for the holidays can also affect your diabetes.

When you have diabetes, you are at a higher risk for having complications from the flu. It is important that you ask your PCP about getting flu and pneumonia vaccines at this time of year. These vaccines can protect you from problems with the flu.

We hope that by making you aware of these stresses, we can help you avoid some of them and feel your best during the holidays.

IT IS IMPORTANT THAT YOU:

- Eat a healthy diet to keep your blood sugar stable. You may need to monitor your blood sugar more often than usual.
- Call your doctor if you are having any problems with your blood sugar control. S/he can help you get your blood sugar into a healthy range.
- Take diabetic medications as your doctor orders.
- Make some time for yourself to relax and enjoy the holidays with your family and friends.



FOR MORE INFORMATION about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ និងភាសាស្រីលង្កា និងភាសាស្រីលង្កា។ តាមរយៈការទូរស័ព្ទទូទៅខាងសំអាតម៉ាស៊ីន ឬទូរស័ព្ទទូទៅខាងសំអាតម៉ាស៊ីន តាមលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).