

Take Care of Yourself on Sick Days



When you are sick, your blood sugar can go up. A cold, flu or infection can raise your blood sugar. When your blood sugar stays too high, you may start to get ketones in your urine. Ketones are harmful acids in the blood caused by the burning of fat instead of sugar.

CALL YOUR DOCTOR IF YOU:

- Are sick for more than one day, are throwing up or have diarrhea.
- Are unable to keep food or liquids down.
- Have high blood sugar readings.
- Have a fever.
- Have ketones in your urine.

Take your insulin or other diabetic medication, even if you are not hungry. Your doctor may need to change your medication when you are sick.

- Test your blood sugar as your health management team advises you. Test your ketones as your health management team instructs you.
- Try to eat foods from your regular meal plan and drink at least 8 ounces of fluids every 30-60 minutes.
- Try water, tea (no sugar) or diet soda.
- Try eating jell-o, popsicles, crackers or soup if you can't stick with your regular meal plan.
- Seek your doctor's advice if you can't eat at all.



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).

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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).