

DIABETES

Control Your Cholesterol



DIABETES

800.414.6314

Your blood has both HDL and LDL cholesterol. You should have healthy cholesterol levels.

LDL, or 'bad' cholesterol, can stick to blood vessel walls. When blood flow becomes completely blocked, a heart attack or stroke can occur.

HDL, or 'good' cholesterol, helps carry cholesterol from the blood vessels to your liver where it is sent out of the body.

Many people with diabetes have problems with their cholesterol and should have it tested. If you have never been tested, ask your doctor to test you. If you have been tested, ask your doctor about the results.

BAD FOODS

- | | |
|-------------------|------------------|
| bacon | egg yolks |
| fatty sausage | coconut oil |
| spare ribs | palm oil |
| chicken with skin | oils in crackers |
| lunchmeats | donuts |
| hot dogs | cakes |
| butter | pastries |
| whole milk | cookies |
| cheese | fast food |
| sour cream | fried food |
| ice cream | |
| shortening | |

GOOD FOODS

- | | |
|-------------------|----------------|
| wholegrain bread | lowfat 1% milk |
| brown rice | skim milk |
| fruit | lowfat cheeses |
| vegetables | egg whites |
| nuts | avocados |
| seeds | canola oil |
| beans | olive oil |
| peas | baked foods |
| lean ground meat | grilled food |
| chicken (no skin) | |
| turkey | |
| fish | |

Sometimes, lifestyle changes can help you control your cholesterol. Your doctor can order medicines to help, too. Your doctor will work with you to make a treatment plan that works best for you. Here are some tips to help you make healthy choices.

- Know your cholesterol level.
- Keep your blood sugar levels on target.
- Keep your weight at a healthy range.
- Avoid smoking.
- Exercise - talk to your doctor before starting.



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). ព័ត៌មាននេះអាចមានសំបុត្របកប្រែជាភាសាខ្មែរ និងក្នុងទម្រង់អូឌីយ៉ូ តាមរយៈការទូរស័ព្ទទូទៅខាងសំរាប់សមាជិកដែលមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការសំរាប់លេខ 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).