

## DIABETES

# High Blood Sugar



Hyperglycemia, or high blood sugar, is when the level of sugar in your blood is higher than 130 before you eat a meal. It is important to talk to your doctor about the blood sugar range that is best for you.

### WHAT CAUSES HIGH BLOOD SUGAR?

Eating too much food, being less active than usual and not taking enough diabetes medicine are some common reasons for high blood sugar. Your blood sugar can also go up if you are sick or under stress.

### WHAT ARE THE SIGNS OF HIGH BLOOD SUGAR?

- Dry mouth
- Being very thirsty

- Urinating a lot, often at night
- Feeling very tired most of the time
- Having blurred vision
- Losing weight without trying
- Stomach pain
- Having a sick stomach
- Getting more infections than usual
- Very dry skin
- Losing feeling or getting a tingling feeling in your feet
- Having sores that are slow to heal.

If you think your blood sugar is high, test your blood sugar. After checking your blood sugar, write the level down in your blood sugar logbook, along with the time that you

tested your blood and the last time you ate. If you think you know what may have caused the high reading, write that in your logbook too.

### PREVENTING HIGH BLOOD SUGAR

Keep a balance. Take your diabetes medicine and eat at the same time every day. Work with your doctor on setting goals for your weight, blood sugar levels and activity. Keep track of all of your blood sugar readings in your logbook. Show your logbook to your doctor. Ask your doctor how you can change your food, activity and medicine to treat high blood sugar. Ask your doctor when you should call for help.



**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 ភាសាស្រី និងភាសាអង់គ្លេស។ មានជូនជាភាសាស្រី និងភាសាអង់គ្លេស។ តាមរយៈការទូរស័ព្ទទូទៅខាងសំខាន់ៗនៃការសម្របសម្រួលនេះ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់សំឡេង: 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).