

A photograph of a man and a young boy in a kitchen. The man, wearing a light blue button-down shirt, is leaning over the sink, smiling as he watches the boy. The boy, wearing a blue and white long-sleeved shirt, is focused on washing green beans under running water. The kitchen has a brick backsplash and white shelves with various kitchen items. A teal semi-transparent banner is overlaid at the bottom of the image.

Using Nutrition to Manage Diabetes

CONFIDENTIALITY

ENJOY ALL OF THESE BENEFITS KNOWING YOUR PRIVACY IS PROTECTED.

As part of the State of Ohio's Take Charge! Live Well! program, the State contracts with Sharecare to manage wellness resources, activities, and Take Charge! Live Well! program rewards for State employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the State. In addition, Sharecare does not sell your data.

What is Diabetes

- Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy
- There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes (diabetes while pregnant)



Primary Types of Diabetes

Type One	Type Two
Preventable: No	Preventable: Yes - can also be delayed
Onset: Sudden. Children and young adults	Onset: Gradual. Any age but mostly adults
Cause: No insulin production in pancreas	Cause: Decreased insulin production or insulin resistance
Prevalence: 5-10% of diabetes	Prevalence: 90-95% of diabetes
Treatment: Injected insulin daily	Treatment: Weight loss, exercise, and sometimes insulin or medications to improve sensitivity to insulin

Glucose vs. A1C

Blood Glucose testing:

This check tells you your blood glucose. The food you eat gets digested and broken down into a sugar your body's cells can use. The amount of glucose in a given amount of blood.

A1C test:

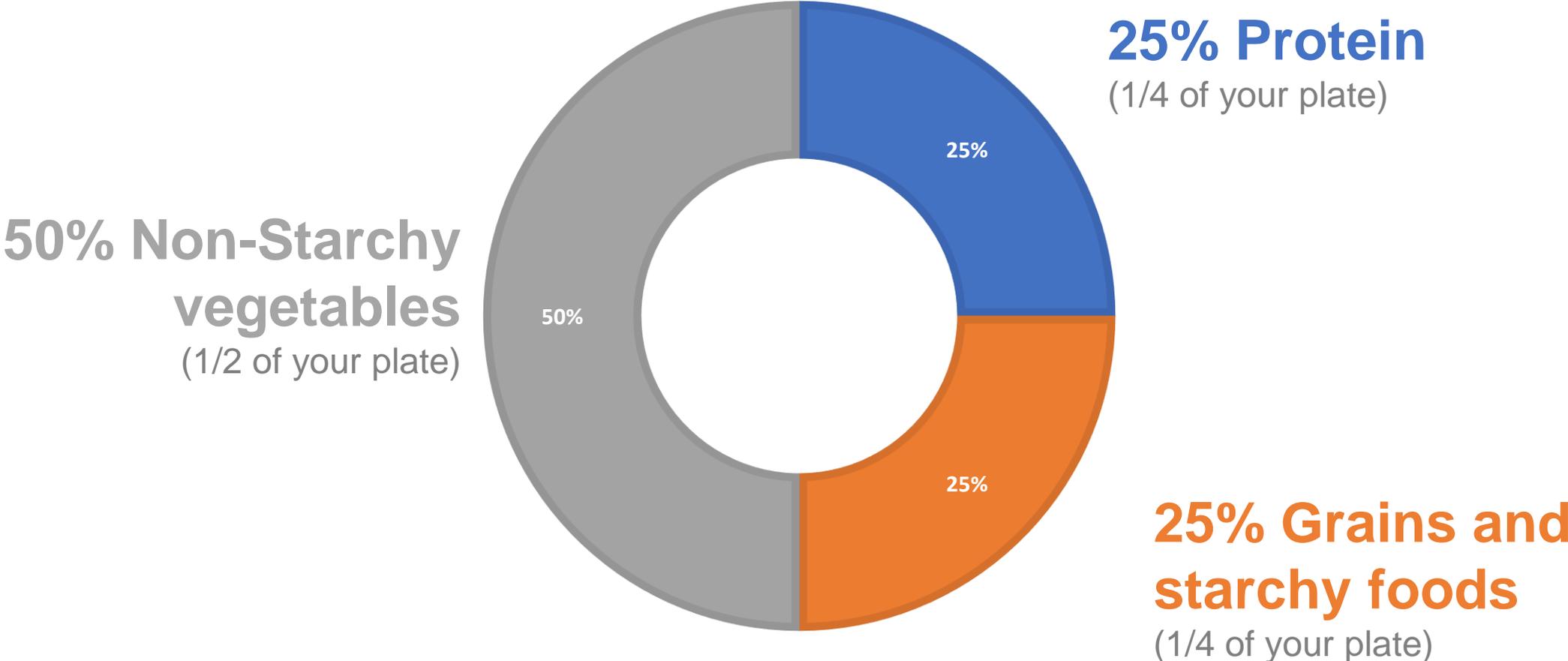
Gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.

Where Do I Begin?

- Choosing what, when and how much to eat
- Getting Active
- Aerobic Activity
- Weight loss
- Medicines
- Checking Blood Glucose
- How do you feel?
- Family Support



Create Your Plate

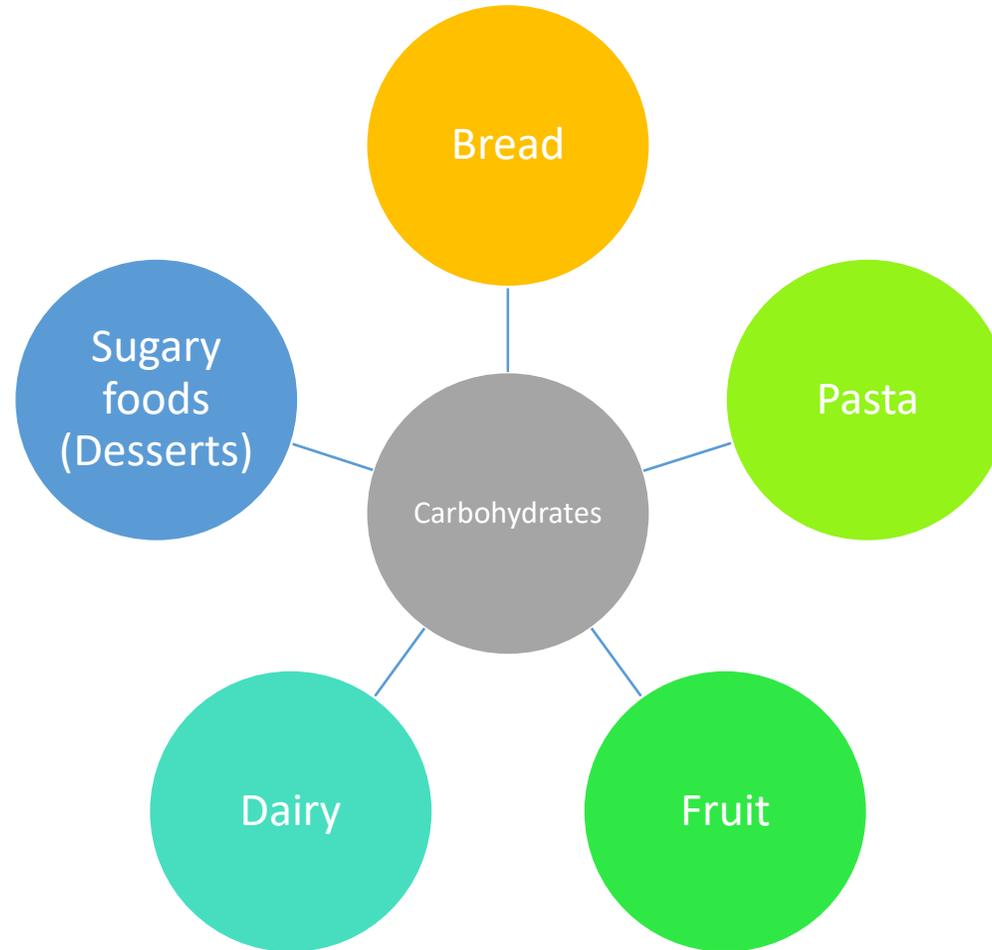


Carbohydrate: Did You Know?

Read your
food labels

Measure your
serving size

Set Healthy Goals



Develop an
eating plan

Monitor Blood
Sugar

What Does 15 Grams of Carbs Look Like?



1 Small piece fresh fruit



1 Slice bread or ½ burger bun



5 Crackers



1 Tablespoon syrup, jam, jelly, sugar or honey



6 Chicken nuggets



¼ Large baked potato
(1 potato = 60 g carbs!)



½ Cup pasta or rice



½ Cup oatmeal



½ Cup beans



¾ Cup plain/light fat-free yogurt



1 Cup soup

Carbohydrates affect blood sugar more than protein and fats, so keeping track of them can be helpful. For packaged foods, look at the nutrition facts label for carb content.

Go for the
GOAL

45-60 G CARBS/MEAL
is a good goal for many people. Ask your doctor what's best for you.

Glycemic Index

- The Glycemic Index (GI) measures how a carbohydrate containing food affects your blood sugar.
- A food with a high GI raises blood glucose more than a food with a medium or low GI.
- Talk to your diabetes educator about how to use the glycemic index in your meal and snack planning.



Heart Healthy Foods

Choose the right Fats

Add your Omega's

Cooking wisely

Homemade and Fresh

Boost Flavor

Substitutions



Substitute Healthier Ingredients

Using This?...

Try This

Butter/ Margarine

Use half the amount of applesauce

Sour Cream

Non-fat plain Yogurt

2% Milk/ Whole milk

1% Milk or Skim milk

Regular ground beef

Leaner ground beef or ground turkey

Butter/margarine

Olive oil or vegetable oil

Tailgate foods for game day

We all know that football in Ohio is nothing to mess with. So when the big day comes around what are some smart ways to keep your blood sugar in check?

- ❖ Eat a small balanced meal before you go
- ❖ Look at ALL the options before choosing
- ❖ Stick to the basics
- ❖ Make sure you are staying hydrated
- ❖ Participate in some activity



Physical Activity Guidelines*

- Adults should move more and sit less throughout the day.
- Some activity is better than none.

For substantial health benefits, adults should do at least:

150-300 minutes a week of moderate intensity activity

or:

75-150 minutes of vigorous intensity aerobic activity a week

or a combination of moderate and vigorous activity

Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

Additional health benefits are gained by engaging in physical activity beyond 300 minutes of moderate intensity exercise.

*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs appropriate and safe for you.

Sick Days

Sick days are bound to happen, but what do you do and how can you adjust?

- Continue to take your medicine (may need to take your medicine more often)
- Keep a record of how you are feeling and your numbers
- Drink fluids!
- Call the doctor



What's Next?

- Keep your appointments
- Manage/Monitor your glucose
- Weight management
- Healthy eating
- Exercise



PROGRAM OFFERINGS

Step 1: Assess your health

On-Site Biometric Screening (July – Nov.)

- On-site at State of Ohio agencies locations
- Free blood panel and other health measures
- Register at das.ohio.gov/wellness

Physician Form

- Completed with your healthcare provider
- Alternative to on-site screening
- Download form at das.ohio.gov/wellness

RealAge Test

- Online health assessment
- Personalized results and feedback provided at the end
- Access survey at das.ohio.gov/wellness

Step 2: Take action

Telephonic Health Coaching

- Ongoing, individual sessions with a personal health coach
- Help you assess your well-being and set goals for a healthier lifestyle
- Call 1-866-556-2288 to get started

Sharecare Platform, Well-Being Challenges

- Personal, online health portal
- Variety of challenges, health resources, and goal trackers
- Access site at das.ohio.gov/wellness

Offered through partnership with Sharecare

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

OTHER WELL-BEING PROGRAM OFFERINGS

Tobacco Cessation Program

- Quitnet: provides access to specialized tobacco cessation coaches and website
- The Take Charge! Live Well! program offers access to unlimited online and phone coaching at no cost to you
- For members in the Ohio Med PPO, prescriptions and most over-the-counter products are available at no additional cost if you are actively working with a Sharecare health coach
- Call 1-866-556-2288 to get started

Diabetes Management Program – Medical / Pharmacy Benefit

- Free medication, supplies, and durable medical equipment
- Must have been diagnosed with Diabetes and have A1c on file within last 12 months
- Contact Optum RX with questions

On-site flu-shot clinics - Pharmacy Benefit

- Available at State of Ohio agencies in the fall
- Online scheduler will be available at das.ohio.gov/wellness

Offered through partnership with Sharecare

REWARDS

Enrolled employees and spouses may earn up to \$350 each by taking steps to improve their health.

Level 1: Assess Your Health Earn up to \$150 per person	Point Value
Complete the RealAge® Test (starting July 15)	50 Points
Complete a Biometric Screening: <ul style="list-style-type: none">• Complete a biometric screening at an on-site screening event held at a State facility, or• Submit the Physician Form, which is to be completed by your physician	100 Points
Level 2: Take Action, Earn up to \$200 per person Points can be earned by completing up to four total actions within the same activity or by combining actions with multiple activities	Point Value
Health Coaching Calls	Earn 50 points for each completed health coaching call, up to four calls
Well-Being Challenges	Earn 50 points for each completed challenge, up to four challenges *Must meet Active Participation requirement

REWARDS, CONTINUED

MORE DETAILS:

- All reward-eligible activities must be complete by June 30, 2020.
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Taxes: Rewards earned by the State employee and his or her spouse, if applicable, are taxable. Taxes are based on the amount of the reward. The taxes for rewards earned by either the employee or spouse will be deducted from the State employee's paycheck. The paycheck will reflect the amount of the rewards minus the taxes.
- Incentive rewards will be displayed on the employee's paycheck in the 'hours and earnings' section. The incentive rewards will read 'TCLW rewards 20'.



 sharecare

Thank You!

1-866-556-2288

das.ohio.gov/wellness