Complications of Diabetes

Diabetes can affect any part of your body. The good news is that you can prevent most of these problems by working with your healthcare provider to:

- Keep your blood sugar under control
- Get your hemoglobin A1c tested at least twice a year
- Keep blood pressure under control
- Get your eyes checked every year
- Eat healthy
- Be active

HEART DISEASE

Adults with diabetes are two to four times more likely than people without diabetes to die of heart disease or have a stroke. One way to prevent heart disease or stroke is to keep your blood pressure under control. You can do this by taking your medicines as instructed. Choose a healthy diet, low in salt. Quit smoking if you smoke.

EYE DISEASE

Diabetes is one of the leading causes of blindness in adults. You can prevent eye problems. Keep your blood sugar and your blood pressure under control. Have a dilated eye exam once a year. Treating eye problems early can help save sight.

KIDNEY DISEASE

Diabetes can cause kidney disease by damaging the blood vessels in the kidneys. Keep your blood sugar and your blood pressure under control. Take your medications as instructed. Your doctor can find out how your kidneys are doing by doing a urine test every year. Your doctor can also do a yearly blood test to measure your kidney function.

NERVE DAMAGE

Diabetic nerve damage can cause pain, numbness and weakness in the hands, arms, feet and legs. Nerve damage is more common in people who have had problems controlling their blood sugar. You can help keep your nervous system healthy by keeping your blood sugar as close to normal as you can. Get regular physical activity. Do not smoke. Check your feet carefully every day for cuts, cracks, sores, red spots or infected toenails. Your doctor should test your feet for nerve damage at least once a year.

HEALTH PLANS
UNIVERSITY OF UTAH

ACCESS ASSISTANCE

As a Healthy U Medicaid member, you can call into our Access Assistance line. We'll help you find a doctor or schedule an appointment at the best location for you.

To contact a care coordinator, call

801-587-2851

VIRTUAL VISITS

As a Healthy U Medicaid member, we want you to be the first to experience a visit from your smartphone, computer or tablet — available 9am to 9 pm, 7 days a week.

To start a virtual visit, call

801-213-8669 (UNOW)

CONTACT INFORMATION

Member Services/Claims/ Interpreter Services
801-587-6480 option 1, or
1-888-271-5870 option 1
8 a.m. to 6 p.m.

U Baby Care
801-587-6428 or
1-888-271-5870, option 2

Care Management
801-587-6480, option 2 or
1-888-271-5870, option 2

On the Internet
uhealthplan.utah.edu

Utah Relay Services
TTY/TDD 1-800-346-4128
En Espanol 1-888-346-3162

Report Suspected Fraud
801-587-6480, option 4 or
1-888-271-5870, option 4

Fax
801-587-6433

By Mail
Healthy U Medicaid
P.O. Box 45180
Salt Lake City, UT 84145-0180

Nondiscrimination Policy

You have the right to get medical care and be treated with dignity and respect no matter what your race, color, sex, religion, national origin, disability or age. Healthy U does not prohibit or restrict providers from acting within their lawful scope of practice or discriminate against health care professionals who serve high-risk populations who specialize in the treatment of costly conditions. Healthy U's nondiscrimination policy complies with Title VI of the Civil Rights Act of 1973, the Age Discrimination Act of 1990 and the University of Utah Policy and Procedures 1999, Sections 2-6.

MEMBER HANDBOOK / URGENT SERVICES / APPEAL GRIEVANCE
Members can request a copy of the Healthy U Member's handbook by visiting the Healthy U website, uhealthplan.utah.edu or by contacting Customer Service at (801) 587-6480. Members can file an appeal or grievance by visiting uhelathplan.utah.edu. Need urgent care or emergency services? Contact Customer Service at (801) 587-6480 or visit uhealthplan.utah.edu to find an urgent care center or hospital near you.

NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT (NMHPA)
The Newborns' Act is the amount of time you and your newborn child are covered for a hospital stay following childbirth. For a vaginal delivery you can stay in the hospital for up to 48 hours. For a C-section you can stay in the hospital for up to 96 hours. However, your provider may decide after talking to you, to let you or your newborn child leave the hospital earlier. For more information on the Newborns' Act please visit:www.dol.gov/ebsa/newsroom/fsnmhafs.html

YOUR RESPONSIBILITIES
Always talk with your doctor about any health information in newsletters or on websites to make sure that it is best for you. Never use this information to make health decisions- do what your doctor says is best.

WOMEN'S HEALTH
Obstetrics (OB)

How can you increase your chances of having a healthy pregnancy?

- Make sure you see a doctor before you get pregnant. This will help you to have a safe and healthy pregnancy.
- Maintain normal weight. Overweight and underweight women have an increased risk of delivering early.
- Follow a healthy diet.
- Do regular exercise.
- Take care of chronic diseases such as diabetes or high blood pressure. If you have a chronic disease make sure it is well controlled. This lowers the chance of complications or your baby being born early.
- Do not use tobacco, alcohol or drugs. This will reduce your baby's risk for complications.
- Make sure your immunizations are up to date. Flu and whooping cough
- Wait at least 18 months between pregnancies. This allows your body to heal and reduces your risk of having a premature baby.

What is prenatal care?

Regular checkups during pregnancy to make sure you and your baby are healthy.

- Most women have 1 prenatal visit a month during weeks 4 to 28.
- Most women have 1 prenatal visit every 2 weeks during weeks 28 to 36.
- Most women have 1 prenatal visit every week during weeks 36 to 40.

Women at high risk for pregnancy complications may need more prenatal care. Talk to your doctor about what care is right for you.

What is included in prenatal care?

The first visit to your healthcare provider will include:

- Physical exam
- Weight checks
- A urine test

Depending on your stage of pregnancy your healthcare provider may do:

- Blood tests
- Ultrasound exams

Talk to your doctor about:

- Concerns about you or the growth of your baby
- Any questions you have about your pregnancy

We've expanded STATEWIDE!

Now available to Medicaid eligible individuals throughout Utah.

Call us at 1-888-271-5870 option 2

Contact the U Baby Care Program at 801-587-6480 option 2.

Routine Checkups Help Kids Stay Healthy

From infancy to 2 years it's important to schedule a checkup for your child. Your doctor will want to see your child every two to three months.

After age two and up to age 21 your child should have a checkup once every year. Talk to your doctor about what is best for your child and how often to schedule an appointment.

Why is it important?

It's a chance for you to talk to your doctor about:

- How your child is doing in school.
- The right nutrition for your child.
- How much and what kind of physical activity should your child get.
- Vaccines that will help develop immunity and fight preventable disease.
- And get answers to any other questions about your child's growth and progress.

Having regular checkups gives your child a better chance of staying healthy.

Need help finding a doctor?
Call us at 1-888-271-5870 option 2

Need a ride to your child's visit?
Call the Medicaid Information Line at 1-800-662-9651

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