

# Summer Health Tips and Diabetes

Use these tips to enjoy your summer while protecting your health and managing your diabetes!



## Join the Good Health Gateway<sup>®</sup> Diabetes Care Rewards Program.

You'll get \$0 copays on covered diabetes medications and supplies and personalized support and program reminders to help you meet your health and A1C goals. Go to **GoodHealthGateway.com** to join.

## Keep your medications and supplies out of the heat.

High heat and direct sunlight can reduce their effectiveness.



### Check blood sugars frequently.

High and low blood sugars can occur in hot weather. Know the signs and what to do to treat them.



### Stay hydrated.

Hot weather, exercise and high blood sugars can lead to dehydration. Drink plenty of fluids throughout the day, avoiding sugary drinks, to prevent dehydration.



### Travel safely with your diabetes supplies.

If you go on vacation, remember to pack extra supplies and have a plan in case you run out while you are away.



### Protect your eyes.

Wearing sunglasses is essential during the summer. Make sure they are marked 100% Ultraviolet (UV) protection.



### Protect your feet.

Walking on hot sand or pavement can cause an injury or burn. Avoid walking barefoot. Wash and inspect your feet every day.



### Exercise safely.

Remember to test your blood sugar before swimming, playing sports or any exercise. Know what to do if your blood sugar is low or high.

## We're here to support you. Join Today.

800.643.8028 | Hablamos Español. | [GoodHealthGateway.com](http://GoodHealthGateway.com)

The Diabetes Program is offered to our health plan members with pre-diabetes or any type of diabetes. Participation is voluntary and confidential.

