

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

Is a continuous glucose monitor right for me?

Checking your blood sugar is an important part of your day — but it doesn't have to take over your life. Continuous glucose monitors (CGMs), are making it easier for some people to stay on track.

What are CGMs?

CGMs are medical devices that help track your blood sugar during the day and at night. They use a tiny sensor placed under the skin, often on the arm or stomach. The sensor measures your blood sugar every few minutes and sends the numbers to a smart phone or reader.

How is it different from finger-stick testing?

CGMs continuously monitor

your glucose levels so you always know your results. Many people think once they start using a CGM they'll never have to do fingersticks again. But it's important to still occasionally check your blood sugar with a fingerstick to ensure your CGM is accurate. This is especially true if you're new to using a CGM or newly diagnosed with diabetes. Ask your care team how often to perform fingersticks.

Who can benefit?

You may benefit from using a CGM if you:

- Check your blood sugar levels often with a glucometer
- Use an insulin pump
- Use insulin several times a day
- Want to better understand your blood sugar patterns
- Have trouble noticing signs of low blood sugar

Your physician can help decide if a CGM is right for you.



Ask the pediatrician

Q What should I consider when traveling with my child who has diabetes?

A It's all about planning ahead. Brittany Bruggeman, M.D., a board-certified pediatrician, pediatric endocrinologist, and assistant professor at the University of Florida, answers your top questions about managing diabetes on the go.

What should we pack before a trip? Bring twice as many diabetes supplies as you think your child will need. Keep insulin, glucose monitors, snacks, and other supplies in your carry-on bag in case checked luggage gets lost.

Dr. Bruggeman also recommends packing fast-acting sugar, water, glucagon if prescribed, and backup supplies like insulin syringes or a glucometer just in case.

Can travel affect blood sugar? Yes. Changes in time zones, meals, and sleep can all affect glucose levels. Plus, the extra activity that comes with vacation may increase the risk of low blood sugar.

If you are using a

glucometer, check your child's blood sugar more often during travel. Especially during the first few days while they are adjusting to a new routine.

Any final advice for families? Before you leave, talk with your child's physician about any questions or concerns. Most important, your pediatrician will be more than happy to help your child experience life to the fullest, says Dr. Bruggeman.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan this QR code.



Quick refresh: Hurricane prep tips



You can't prevent natural disasters, but you can prepare for them. Learn simple steps you can take now to help manage your health during an emergency.

1. Create or update your emergency plan

Hurricanes often require evacuations. So the first step is to decide where you will go and when you'll leave. Make sure everyone in your household knows what to do.

2. Stock a "go" bag

Having a few essentials already packed can save time if you need to move quickly.

Include:

- Water
- Nonperishable food
- A basic first aid kit
- Flashlights and extra batteries
- A battery-powered or hand-crank radio
- A phone charger or backup power source
- Emergency contacts

Store important documents in a waterproof bag or small bin.

3. Plan for your health needs

Changes in routine, stress, and limited access to food or medications can affect blood sugar levels during and after a storm.

To help manage diabetes during a hurricane:

- Have extra insulin and quick snacks on hand.
- If using a glucometer, check blood sugar more often during stress or changes in routine.
- Store insulin according to package directions. Keep cool (in a cooler with ice or with an ice pack) if power is lost.

4. Sign up for alerts

Staying informed can help you make safe decisions. Registering for text alerts from local emergency management agencies (such as your county emergency office) can help keep you updated before and after the storm.

Your health plan **anytime, anywhere.**

Get instant access to your benefits, doctors, claims, virtual care, and much more in one place.



Recipe



Frozen berry-and-yogurt treats

Built for backyard hangs, beach days, and whatever the long weekend brings. These yogurt dipped berries keep it light — and protein forward.

Serves 4 | Prep: 5 mins | Rest time: 6 hrs

Ingredients

- ½ cup nonfat Greek yogurt
- ½ tbsp honey
- 1 cup mixed berries (strawberries, raspberries, blueberries, blackberries)

Directions

1. Mix the Greek yogurt and honey in a large bowl. Once combined, individually dip the berries into the mixture.
2. Transfer the berries to a baking sheet lined with wax paper, arranging them in a single layer. Freeze for six hours, or until fully frozen. Once solid, transfer the berries to any container you like — they won't stick together. Serve right from the fridge (or cooler). Enjoy!

Nutrition facts (per serving)

Calories 85.9 | Fat 0.3g | Saturated fat 0g | Sodium 21.5mg | Carbs 15.8g | Protein 6.3g | Fiber 3.8g