Your Playbook for Preventing Colds and Flu

Prevention is key to protecting yourself and your family from colds and flu. But do you have a game plan? Add these tips to your playbook:

1. **Get a flu shot!** The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get a flu shot (unless your doctor has advised against it). Peak flu season is November to March, so it is not too late to get a flu shot.

2. **Wash your hands frequently.**

3. **Avoid touching your mouth, eyes, and nose with your hands.** These are prime germ entry points.

4. **Get enough sleep.** Skimping on sleep can weaken your immune system. Each person is different, but overall, most of us are sleep deprived. In general, sleep experts recommend that the hours of uninterrupted sleep to aim for each night are:
   - **Kids younger than six:** 12-15 hours
   - **Kids age 7-11:** 10-11 hours
   - **Teens age 12-19:** 9-10 hours
   - **Most adults:** 7-8 hours

5. **Eat healthy foods.** Eat more vegetables and fruit daily, especially foods high in vitamins, such as tangerines, oranges, red apples (including the skin), berries, broccoli, mangoes, and sweet potatoes to names a few—without added sweeteners or sauces.

*continued on reverse*
6. **Exercise daily**—at least 30 minutes for adults, 1 hour for kids younger than 18.

7. **When possible, avoid being around people who are sick.** And if you and your child are sick, stay home! Illness is most contagious in the early states. Germs can easily be transferred on hands and surfaces.

8. **Manage stress.** When you are stressed out, your body releases a hormone named cortisol, which suppresses the immune system and makes it harder for your body to fend off infection. Exercise, laughing, and relaxation can help reduce stress. Watch a funny movie with your family, or go out for a walk in your neighborhood. Even a quick 15-minute walk can make a difference.

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**Verio®Sync Meter Plays Well with Others**

The LifeScan OneTouch® Verio®Sync meter is a great option if you have an iPhone or iPad®. The OneTouch Verio®Sync meter stores your results and automatically sends them wirelessly to your iPhone or iPad®, using the OneTouch Reveal® mobile app. So glucose data from your meter can be automatically shared with the other diabetes and health apps on your mobile. Diabetes apps, such as Glooko®, mySugr®, Meal Memory®, and OneDrop®, can combine Verio®Sync meter readings with other data (e.g., exercise, meals, insulin doses), providing you with a comprehensive view of your diabetes management.

Verio®Sync is simply the first of the leading meters to share glucose data to Apple® Health. You can expect this trend in technology to continue and improve as companies further develop meters and apps that are easy to use and have secure data sharing capabilities.

LifeScan OneTouch® Verio®Sync and Verio®IQ meters and strips are the “preferred” brands under your PacificSource pharmacy coverage, so you can get a meter once every three years (if needed) at no cost to you! For more information on getting a no-cost meter, you may call us at (888) 987-5805 and ask for Sheila.

For more information about OneTouch® meters, visit [OneTouch.com](http://Onetouch.com).

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**Questions?**

If you would like to speak with a Registered Nurse at PacificSource about diabetes or any other health-related question or issue, please call (888) 987-5805 and ask for Sheila.
3-Step Prep for Outdoor Fun

We all know the benefits of getting off the couch and going outside. From sports to just riding a bike—it’s a big, fun world out there. But in winter, the colder temperature can make it hard to get moving. Our tips will help you warm up to cold weather fun.

1. Layer up

- Stay cool, dry, and comfortable—in layers.

  **Innermost layer:** Choose a light garment made from a synthetic fabric such as polypropylene that wicks sweat away from your body. Coolmax®, Polartec®, Powder Dry®, and Capilene® are a few brand names to look for.

  **Middle layer:** Throw on a sweater, sweatshirt, or fleece pullover or vest for warmth. This insulating layer traps warm air against your skin to keep your body temperature warm.

  **Outermost layer:** Top it off with a garment that’s waterproof and breathable, such as GORE-TEX®, allowing sweat to escape, but keeping weather out.

- Layering rules also apply to your gloves, hat, and socks.
- Choose rugged, waterproof shoes with heavy-duty soles.

2. Warm up

Once you are well insulated, be sure to warm up for five to 10 minutes indoors, before going outside. During your workout, you want to feel warm, not hot and sweaty.

3. Check up

If you check your blood glucose during cold weather activities, remember:

- Meters are temperature sensitive—the accuracy may be affected when it is too cold or too hot. Most meters work best between 50 and 104 degrees F.
- In cold weather, carry your meter and strips inside your clothes so your body heat can keep them at the correct temperature.
- When the temperature outside is too cold, find a warmer place to check your blood glucose.
- You can use an alternative site for the drop of blood, but it is still best to stick your finger.
- If you have questions, call your meter company’s toll-free customer service number found on the back of the meter.

Your goal is to keep your blood glucose in your target range, both during and after activity. If you’re not sure what your levels should be, talk to your parent, doctor, or diabetes educator.

**The best way to avoid blood glucose highs and lows is to check often.** Check your blood glucose before, half way, and after an exercise session to learn how it affects you. Learning the impact of different types of activities can help you improve your glucose control.

The key to successfully enjoying outdoor activities is to remind yourself about your body’s response. Then, develop strategies around exercise, self-monitor, and adjust accordingly, whether it is through insulin, eating, or hydrating. Keep in mind the level of physical activity and the duration. Think cross-country skiing versus walking outdoors in the snow, which would burn more glucose and calories. If you plan accordingly, and speak with your doctor, you can safely enjoy outdoor fun year-round.
**Brush Up Your Smile!**

February is **Dental Health Month**, and a good time to remember how important dental care is, especially when you have diabetes. Here are five tips for a healthy smile:

1. **Go 2 for 2 and be a winner.** Brush for two minutes two times every day—morning and night—to help get rid of germs in your mouth. This will help to keep your breather fresher, too.

2. **Use the floss, boss!** Floss every day using a new, clean piece of floss. Remember to floss along the back of the teeth in the very back of your mouth.

3. **Brush up on brushing.** We all know how to brush. Or do we? Find out if you’re doing it right. Watch an online video, such as one on the American Dental Association (ADA) website at [mouthhealthy.org/en/az-topics/b/brushing-your-teeth](http://mouthhealthy.org/en/az-topics/b/brushing-your-teeth). Or ask your dentist or dental hygienist to show you the right way to brush and floss.

4. **Keep your blood glucose in range**—your mouth will thank you. People with diabetes have a greater risk of gum disease.

   Note to parents: If you have PacificSource dental insurance, three dental preventive care visits are covered for your child. Please see your benefit summary, handbook, or policy for details.

5. **Have a dental checkup at least twice a year.**

**Snack Scrambles**

Unscramble the words. These foods are all good snacks for a low carb break.

Then draw a line from the word to the picture.

1. telcute

2. tryuke

3. eeches wisss

4. coriclob

5. tuns

6. gegs

7. buccerum

**Answers:** 1. lettuce, 2. turkey, 3. Swiss cheese, 4. broccoli, 5. nuts, 6. eggs, 7. cucumbers