

COACH'S CORNER

WE'RE HERE FOR YOU

Our goal is to enhance your overall diabetes care by providing you with the support you need to manage your numbers plus provide your provider with information to make your visits more meaningful.

In general, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus. When diabetes is well-managed, the risk of getting severely sick from COVID-19 is about the same as the general population.

Additional Resources:

- <https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus>
- <https://www.diabetesdisasterresponse.org/>
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#stay-home>

WHAT'S NEW

COVID-19 AND DIABETES

Our team at Stability Health recommends these guidelines for managing your diabetes during this challenging time which is very similar to the guidelines for emergency preparedness:

Stock up on supplies:

- Aim for an extra month's worth of medications on hand. If you are unable to get extra medications from your local pharmacy, consider using mail-order or inquire about delivery from your local pharmacy (both CVS and Walgreens are offering this free service to their customers)
- Keep enough household items and groceries on hand so you are prepared to stay at home for a period of time. This includes over-the-counter medicines and tissues used to treat the symptoms as most people will be able to recover from COVID-19 at home.

Practice Social Distancing and good hygiene practices:

- Limit close contact.
- Wash your hands for at least 20 seconds with soap and warm water.
- Wash your hands more frequently especially after touching surfaces in public.
- Avoid crowds as much as possible.

HEALTHY AT HOME

HEALTHY EATING & BEING ACTIVE

Healthy meals using resources on hand:

- **Keep it simple:** a serving of oatmeal with nuts and fruit
- **Canned:** 14.5 oz diced tomatoes + 14.5 oz beans + 1 packet taco seasoning = Easy Chili
- **Quick Meal:** Serve the a cup of Easy Chili over a baked potato with 2 tablespoons shredded cheese
- **Greens:** Be creative with your salad! Toppings for your 2 cups of greens can be traditional (cucumber, tomato, onion and bell pepper), fruity (mandarin slices, celery, strawberries and sunflower seeds), or Mediterranean (hummus, onion, cucumber and feta). To make salad a meal, add protein (egg, cheese, beans, Easy chili, grilled chicken or steak).
- Websites for additional meal ideas:
 - <http://www.diabetesforecast.org/recipe-search.html>
 - <https://www.foodnetwork.com/healthy>

Staying physically active is important, too!

- Take advantage of walking with family outdoors.
- Use on-line resources for group classes or individual instruction. (many of these on-line classes are Free!)
 - <https://walkingonlineworkouts.vhx.tv/browse> for \$9.99 per month
 - Search a variety of workouts of various lengths on YouTube
 - <https://www.youtube.com>
 - Planet Fitness has daily 20-30 minute classes on Facebook
 - Mobile apps like FitOn, BetterMe (walking), and 7 Minute workout

