

THE TRUSTEE

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DIABETES

The Centers for Disease Control and Prevention (CDC) reports that more than 100 million U.S. adults are now living with diabetes or pre-diabetes. The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Of those who are pre-diabetic, without significant lifestyle changes, 30% will develop Type 2 diabetes. 10.5% of New York residents have developed diabetes. The development of insulin resistance is an important component in the development of Type 2 diabetes where obesity and a lack of physical exercise make it worse.

If you are diagnosed with diabetes or are a borderline diabetic, you must first enroll as a diabetic member by calling the Pre-Certification department or the Compliance Office (1-844-ktf-fund; 583-3863). These benefits have been designed to aid in the reduction of diabetic complications and to encourage proper and aggressive self-management through diet, exercise, self-testing, and medication. If another plan is primary, all Rx must first be provided by that plan and the Trust plan will be secondary. If Medicare is primary, Medicare Part B must first cover certain supplies and, then, the Trust plan will pay the balance at 100% for those enrolled in the Trust program. Benefits include:

1. Diabetic training and education—up to 20 visits for a certified trainer;
2. Nutrition counseling—up to 20 visits per year;
3. Insulin pumps—Includes infusion pump and supplies;
4. Diabetic supplies (test strips, syringes, swabs, and insulin)

And, annual eye and foot exam, HbA1c exams, insulin administration supplies, inhalers, insulin, Glucophage, Metformin, and, as needed, urine protein measurements and lipid profile.

*Insulin for insulin pump, blood sugar testing monitors, blood sugar test strips and lancets and lancet devices are not covered for Medicare primary diabetics as these supplies are covered by Medicare Part B. The Trust plan, as secondary provider, will cover the 20% that Medicare doesn't pay.

Medicare diabetes, consult: medicare.gov/publications/pubs/pdf/11022.pdf. The Trust plan booklet and complete description of the Trust Diabetic plan and enrollment form is available on-line at: www.KTFtrustfund.com.

DIABETES & FOOD from ProAct Rx

Eating healthy is important when it comes to managing Diabetes. This means sticking to foods that are rich in nutrients, and low in fat and calories. Consuming foods like fruits, vegetables and whole grains should be the main focus, as well as eating three moderate meals at the same time each day. This way, your body can better use the insulin that it produces. Talking to a registered dietitian will help you put together a diet based on your individual health goals, taste, lifestyle, and habits, such as proper portion sizes. In the meantime, here are some helpful tips anyone can follow:

Highly Recommended Foods

Healthy Carbohydrates: It's important to incorporate healthy carbohydrates into your diet as they help break down the blood glucose in the body. Fruits, vegetables, whole grains, and low-fat dairy products are all healthy carbohydrates that add to a healthy diet.

Fiber-rich Foods: Foods like fruits, vegetables, whole-wheat flour, and wheat bran are rich in fiber which help the body digest and control blood sugar levels.

Heart Healthy Fish: Fish like tuna, cod, and halibut are a great alternative to other meats because they typically have less total fat.

Good Fats: Avocados, almonds, pecans and olive all contain monounsaturated & polyunsaturated fats. These are considered healthy fats that help lower cholesterol levels. However, they are still high in calories so be sure to consume moderately.

Highly Discouraged Foods

Saturated Fats: Beef, hot dogs, bacon, and high fat dairy products all contain saturated fats, which should be avoided as cholesterol levels will rise, putting you at risk for heart disease and stroke.

Trans Fats: Avoid trans fats that are typically found in processed snacks, baked goods, and sticks of margarine. Trans fats are known to increase levels of cholesterol in the body.

Cholesterol: High-fat dairy products like egg yolks, and high-fat animal proteins like liver, are all high in cholesterol. Try to eat no more than 200 milligrams (mg) of cholesterol a day, as too much cholesterol causes fatty build-ups in the arteries. This can put you at risk of heart attack, stroke, and peripheral artery disease.

Sodium: You should consume no more than 2,300 mg of sodium a day, and if you are hypertensive, aim for less than 1,500 mg a day. Excess sodium increases blood pressure, putting stress on the heart.

The 2019 Trust Fund Retiree manual is available on-line or from the Trust Office