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AMERICAN DIABETES MONTH

Diabetes is a disease where the body stops producing enough insulin or becomes resistant to the insulin it produces. Insulin is a hormone used by the body to regulate the amount of sugar in the blood stream by transporting that sugar (glucose) to the body's cells. Without glucose, our cells would starve.

Controlling blood glucose with a healthy diet is a good idea for everyone, not just for people with diabetes. We should maintain a healthy balance of fats, proteins and carbohydrates. Carb counting takes on a new meaning for people living with diabetes. If you have diabetes, it's important that you eat an appropriate amount of carbohydrates at each meal and determine how frequently you should eat, depending on your activity level and diabetes medicine.



Healthy eating is only one part of a healthy lifestyle equation. Be sure to get at least 30 minutes of moderate exercise (try walking or bike riding) most days of the week, and limit your alcohol intake. Remember, every gram of alcohol contains seven "empty" calories, and if you have diabetes, excessive alcohol can cause severe episodes of low blood sugar.

Remember.....All In-Network Lab Tests are FREE. Diabetic supplies such as OneTouch® meters, lancets, strips, and Novofine® needles are covered at 100% at any Network pharmacy and through the mail. To obtain more information about Diabetic supplies, call 1-877-665-6609 or go to www.walgreenshealth.com.



MHN Net Behavioral Health is ICUBA's partner for mental health, substance abuse, and Employee Assistance Program (EAP) benefits providing individuals with the resources and tools to live a balanced and healthy life at home and at work.

All eligible employees (even if not enrolled in a medical plan) and people living in the employee household may access the free EAP services (up to six visits per presenting issue per plan year).

To contact MHN Net, call 1-877-398-5816
(Note: this phone number is located on the back of your Blue Cross Blue Shield of Florida card)
Services are also available online at www.mhnet.com
For any services requiring login access, enter:
Username: ICUBA - Password: 8773985816

Important Information to Improve Your Health

Lung Cancer: What You Should Know

Lung cancer is the leading cancer killer in both men and women in the United States. Smoking causes most lung cancer deaths in America, and is also linked to cancers of the bladder, larynx, mouth, throat, esophagus, pancreas, stomach, kidney, cervix, some forms of leukemia and heart disease. What's more, cigarette smoke can harm your health even if you're not a smoker. Exposure to secondhand smoke is believed to cause the lung cancer or heart disease deaths of about 49,000 non-smokers every year.

Get the Assistance You Need to Stop Smoking

Blue Cross Blue Shield of Florida:

- Go to www.bcbsfl.com/myblueservice
- Once logged in, go to the *Living Healthy* tab
- Under the *Get Healthy* section, select *Lifestyle Improvement Programs from WebMD* then from the list of programs offered, select *Smoking Cessation* to learn more about this program.

MHNet Behavioral Health: A MHNet EAP counselor is available to work with you on behavioral issues associated with smoking. They can help identify and provide the tools you need to avoid smoking triggers. Contact MHNet at 1-877-398-5816 today!

No matter how old you are, or how long you've been smoking, quitting now can really make a difference!



The American Cancer Society's 2011 Great American Smoke out is November 17!

Put down your pack, pipe or cigar and be tobacco free. Join millions of Americans and kick the habit once and for all!



The new **"Know Before You Go"** tool from **Blue Cross Blue Shield of Florida's My Blue Service** helps members easily shop and compare the cost and quality of health services and treatment options before they get services performed. Members save time and money, enjoy greater peace of mind, and have confidence they are making the right decisions.

To access:

- Call the Care Consultant Team at 1-888-476-2227
- Visit www.bcbsfl.com and click on MyBlueService
- Visit a Florida Blue Center. Call 1-877-352-5830 for the location near you.

Key features, benefits and value include:

- Cost estimates for 150 of the most common health care services
- Cost comparison for up to five providers at a time
- Real time estimates based on Member's actual benefits *
- Seamless integration with online provider directory, member benefits, current Care Comparison cost and quality information, and patient rating

* All estimates are real-time, member level and based on the member benefits except for surgical procedures which can still be estimated, but at the market level.

Save money by comparing cost of surgeries, MRIs, Cat Scans and other services at different facilities.