

# July is Diabetes Awareness Month

At the State Employees' Insurance Board (SEIB)  
State Wellness Center: Healthcare Clinic and Pharmacy

## Diabetes Symptoms

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unexplained weight loss
- Sudden vision changes
- Very dry skin
- Feeling tired much of the time
- Sores that are slow to heal
- Tingling or numbness in hands and feet

\*\*If you have been experiencing any of the above symptoms please talk to your doctor at your next appointment.\*\*

### Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

(334) 263-8470

### Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

**We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.**

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

**NOTE:** Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

## What is Diabetes?

- ❖ A condition in which the body does not process food properly for use as energy
- ❖ The body doesn't make enough insulin or can't use its own insulin causing sugar to build up in the blood
- ❖ Insulin helps sugar to get into the cells of our bodies
- ❖ Uncontrolled diabetes can lead to complications such as heart disease, blindness, kidney failure, and lower-extremity amputation

## Diagnosis of Diabetes

- ❖ A1C  $\geq$  6.5% on two separate occasions, or
- ❖ Fasting plasma glucose  $\geq$ 126 mg/dL on two separate occasions, or
- ❖ 2-hour plasma glucose  $\geq$  200 mg/dL during an oral glucose tolerance test on two or more occasions, or
- ❖ Symptoms of high blood sugar accompanied by random plasma glucose  $\geq$  200 mg/dL

## Predisposing Factors:

- ❖ Family history of diabetes
- ❖ Obesity
- ❖ Physical inactivity
- ❖ Race or ethnicity: Native Americans, Hispanic Americans, Asian Americans, African Americans, and Pacific Islanders
- ❖ Impaired fasting glucose
- ❖ High blood pressure

## Treatment Options:

### Therapeutic Lifestyle Changes

- ❖ Individualized medical nutritional therapy
  - Food limitations
  - Adequate protein intake
  - "Heart healthy" diet
- ❖ Regular physical activity
  - 150 minutes/week of moderate intensity exercise (ex. Brisk walking) as well as flexibility and strength training exercises
- ❖ Sufficient amounts of sleep
- ❖ Avoidance of tobacco
- ❖ Limited alcohol consumption
- ❖ Stress reduction

### Pharmacologic Treatment

- ❖ Alpha-glucosidase Inhibitors
  - Delay breakdown of complex carbohydrates
  - Ex: Acarbose (Precose), Miglitol (Glyset)
- ❖ Glucagon-like Peptide-1 Agonists
  - Enhance insulin secretion
  - Ex: Exenatide (Byetta), Liraglutide (Victoza)
- ❖ Biguanides
  - Improve the function of insulin in liver and muscle cells
  - Ex: Metformin (Glucophage)
- ❖ Thiazolidinediones
  - Improve the function of insulin in fat, muscle, and liver cells.
  - Ex: Pioglitazone (Actoplus), Rosiglitazone (Avandia)
- ❖ DPP-4 inhibitors
  - Inhibit an enzyme leading to increased insulin synthesis and release
  - Ex: Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tradjenta), Alogliptin (Nesina)
- ❖ Sulfonylureas
  - Enhance insulin secretion
  - Ex: Glyburide (Micronase), Glipizide (Glucotrol), Glimepiride (Amaryl)
- ❖ Insulin
  - Synthetic insulin to help the body correctly use sugar in the blood
  - There are different durations of insulin available:
    - Rapid – aspart (Novolog), lispro (Humalog), glulisine (Apidra)
    - Short – Novolin R, Humulin R
    - Intermediate – Humulin N, Novolin N
    - Long - detemir (Levemir), glargine (Lantus)
- ❖ Meglitinides
  - Stimulate insulin secretion only in the presence of glucose
  - Ex: Nateglinide (Starlix), Repaglinide (Prandin)
- ❖ Sodium-glucose Cotransporter 2 Inhibitor:
  - Inhibits reabsorption of sugar in the kidneys
  - Ex: Canagliflozin (Invokana)
- ❖ Combination Products:
  - Combination oral products are available to limit the amount of tablets needed to take throughout the day.



## The State Wellness Center Diabetes & You Program

We are offering a **NEW** program exclusively for state beneficiaries who meet all of the following criteria:

- If you have SEIB health insurance (state government employees and dependents with Group 13000)
- If you have a diagnosis of Type I or Type II diabetes
- If you take an oral or injectable medication daily to lower your blood sugar
- If you want to learn more about diabetes
- If you want to improve your blood sugar control and decrease your risk of long-term complications

### **The Diabetes and you Program offers:**

- Education about both Type 1 and Type 2 Diabetes
- **No co-pay** for any “Diabetes and You”-related office visits
- **Free** access to diabetes classes, one-on-one instruction, and educational materials
- **No co-pay** on “Diabetes and You” finger stick lab tests that are performed at the SWC
- **No co-pay** for many generic medications that are used to lower blood glucose (see list below) *for as long as you actively participate in the program and meet the program requirements as outlined by your “Diabetes and You” healthcare team*

### **Free Medication List offered by the Diabetes & You Program**

The following generic medications will have a \$0 co-pay for patients who enroll in the “Diabetes and You” program. This will not take effect until after the patient’s first appointment is completed at the SWC and the patient is approved by a SWC clinician for program participation. The co-pay waiver will continue as long as the patient completes all program requirements, but is subject to change. Glucose meters and testing supplies are **NOT** included in the waived co-pay program.

acarbose

glimepiride

glipizide

glipizide ext-release

glipizide/metformin

glyburide micronized

glyburide, generics of Micronase

glyburide/metformin

metformin

metformin ext-release

nateglinide

**\*\*Please call the State Wellness Center to Schedule your Diabetes & You Program visit today at 334-263-8470.**

#### References:

- Triplitt CL, Reasner CA. Diabetes Mellitus. In: DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey LM, editors. Pharmacotherapy: A Pathophysiologic Approach. 8<sup>th</sup> ed. New York: McGraw-Hill Medical; c2011. p. 1255-1302.
- Prediabetes [Internet]. American Diabetes Association. C 2012 [cited 2012 Sept 30]. Available from: <http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/>
- Inzucchi SE, Bergenstal RM, Buse JB, Diamant M, Ferrannini E, Nauck M, Peters AL, Tsapas A, Wender R, Matthews DR. Position Statement of the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetes Care. 2012 Jun. 35:1364-1379.
- Handelsman Y, Mechanick JL, Blonde L, Grunberger G, Bloomgarden ZT, Bray GA, Dagogo-Jack S, Davidson JA, Einhorn D, Ganda O, Garber AJ, Hirsch IB, Horton ES, Ismail-Beigi F, Jellinger PS, Jones KL, Jovanovic L, Lebovitz H, Levy P, Moghissi ES, Orzech EA, Vinik AI, Wyne KL. American Association of Clinical Endocrinologists Medical Guidelines for Clinical Practice for Developing a Diabetes Mellitus Comprehensive Care Plan. Endocrine Practice. 2011 March/April; 17(Suppl 2): 1-53.
- Diabetes. CDC: Centers for Disease Control and Prevention. <http://www.cdc.gov/media/presskits/aahd/diabetes.pdf>