

# Living Well Tip of the Week



## Blood Glucose Monitoring for Diabetics

Regularly checking your blood sugar level is one of the most important steps you can take in managing diabetes. It provides your doctor with important information regarding the control of your blood sugar.

### When you keep track of your blood sugar you will:

- Start to see patterns that will help you plan meals, activities, and what time of day to take your medications
- Learn how certain foods affect your blood sugar levels
- See how exercise can improve your numbers

Our medical plan- UT SELECT managed by BCBSTX now offers a choice of blood glucose monitoring systems at no charge to UTSELECT members for a limited time. Learn more about this voluntary condition management recourse and health improvement program, by calling 1-800-462-3275.

**Browse your Living Well Health Manager powered by WebMD\* for specific advice on all these tips: go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select “Living Healthy” on the top banner.**

\*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.