



Outreach of the Month: Diabetes/Flu Vaccine

Information for Your Patients

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In This Issue

- **Gaps in Care Outreach topic of the month: Diabetes/ Flu Vaccines**

- **Follow the Link:**

<https://www.facebook.com/uopllc/>

<http://uopdocs.com/page.php?id=33>

Helpful links:

<http://www.cdc.gov/diabetes/managing/flu/index.html>

<https://www.cdc.gov/flu/pdf/matte/nivw-vaccination.pdf>

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Diabetes Self-Management: Flu Season

During the Flu season Diabetics need to manage their blood glucose levels by doing the following:

1. Stay healthy
2. Get the flu vaccine
3. Take prescribed flu medication when given by provider
4. Follow sick day guidelines for diabetics
 - a. Continue taking diabetes medications;
 - b. Test blood glucose levels every four hours & track results & report as needed;
 - c. Drink extra (calorie free) liquids & continue normal eating habits;
 - d. Check weight daily & report weight loss;
 - e. Check temperature daily & report fevers.

FLU VACCINE REMINDER

When is it too late to get my flu vaccine?

As long as flu viruses are spreading, it's not too late to get a vaccine to protect yourself and your loved ones.

“Flu season typically peaks between December and February but significant activity can occur as late as May.”

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