



Outreach of the Month: Diabetes Self- Management /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.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/planning-ahead.html>

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/other-treatments/flu-and-pneumonia-shots.html>

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Diabetes Self-Management: Holiday Eating

1. Plan your meals ahead of time
2. Be active
3. Eat smaller portions
4. Eat your vegetables
5. Try healthier versions of your favorite holiday foods/revise recipes
6. Beware of social pressures
7. Manage holiday drinking and program into your daily calorie count

FLU VACCINE REMINDER

The Flu Ends With U! Get the Flu Vaccine Today!

Where can I get the flu vaccine?

Contact your primary care physician or visit the link below to find locations offering the flu vaccine:

HealthMap Vaccine Finder:

<http://vaccine.healthmap.org/>

PNEUMONIA VACCINE REMINDER

People with diabetes are about three times more likely to die with flu and pneumonia. Yet only one-third of them ever get a simple, safe pneumonia shot. A pneumonia shot is recommended for anyone with diabetes aged 2 or older.

For more information contact your Primary Care Provider.

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