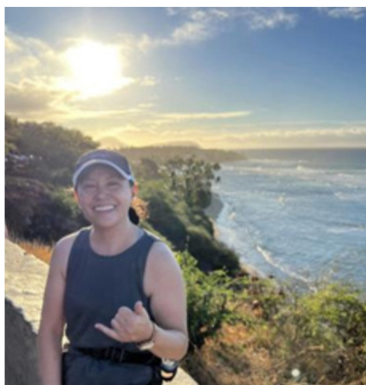


My Diabetes Journey with UHA's Sharon Taga



Sharon Taga
UHA Client Services Liaison

UHA Client Services Liaison, Sharon Taga shares her journey with diabetes.

In 2000, I had gestational diabetes and ever since then I test for Diabetes every year. From 2001 to about three years ago, my numbers didn't show I was pre-diabetic.

When I turned 50, things changed. I found out my A1C levels were pre-diabetic and I had Fatty Liver Disease. Diabetes runs in my family. Liver Disease does not, and I don't drink alcohol. When I received both diagnoses, *it scared me*.

When I had gestational diabetes, I had to prick my finger every day for 4 months. I did this to have a healthy baby. I couldn't see myself pricking my finger every day. So, I told myself, I must do something.

A Hopeful Path Forward

To manage my pre-diabetes and Fatty Liver Disease, I watch what I eat, exercise and I drink plenty of water.

I also felt I needed to incorporate another form of exercise and something I never taught I would do - I joined a running group. It wasn't easy to adopt because I hate running. Now, I look forward to meeting my running friends 3 times a week and they have become like family. I signed up for my first 10k, the Start to Park 10k in December!



Support that Counts

My family is my support system. diabetes runs on my mom's side of the family, she has diabetes. So, we watch what we eat, exercise, and help each other stay accountable. *We take care of each other.*

Don't be Afraid to Ask for Help

If I could give advice to someone who was just diagnosed with pre-diabetes or diabetes, I would tell them:

1. Talk to you doctor and know what your health plan offers.
2. Check if they have a diabetes management program.
3. Understand your condition and how you manage it before you need to go on medication or dialysis. *It's never too late.*

Resources

- American Diabetes Association offers [healthy recipes](#) and [information](#).
- UHA offers the [Live Well](#) and [Be Well](#) programs which include the National Kidney Foundation's [Diabetes Prevention Program](#)

Keep Moving with Active&Fit®



Your UHA coverage includes access to gyms statewide through Active&Fit® through the Live Well program. To support your wellness goals, Active&Fit® enhanced some of its features:

- An expanded library of workout videos with over 5,500 videos to choose from
- Work out in the comfort of your own home with a variety of new Home Fitness Kits that range from beginner to advanced fitness levels

To learn more visit ActiveandFit.com. Click on “Check Eligibility” to register. Not ready to join? Active&Fit® also offers daily workouts open to the entire community. Join online by visiting their [YouTube](#) or [Facebook](#).

Modeling Healthy Behaviors Early



Children are always learning and observing. If you're modeling an unhealthy lifestyle through nutrition or activity levels, they'll learn those habits too.

Nearly 1 in 3 kids or teens in the U.S. are overweight or obese, a number that has nearly tripled over the last 60 years. Carrying extra weight as a child or teenager can pose significant health risks, both during childhood and into adulthood.

Be a good example of your kids by following [these tips](#) on how to keep your family active. Check out the AHA's [recipe collections](#) to find a new favorite healthy dish.

Live Well Programs

Our Live Well lifestyle programs can help put you on the right path. We have a wide variety of programs that can help you maintain a healthy weight.

Weight Watchers® Weight Loss Assistance program. Their tried-and-true SmartPoints® system encourages you to eat more fruits, veggies, lean protein, and less sugar, and unhealthy fats.



When you complete the Weight Watchers® program within a year, you'll receive a rebate up to \$200.

Learn more about these programs and more on our website at uhahealth.com/livewell.

Diabetes Prevention Program

Your health is important, which is why UHA is working with the National Kidney Foundation to bring you a free Diabetes Prevention Program (Valued at \$1,200). Their mission is to help those with pre-diabetes lower their risk of getting type 2 diabetes. Program goals include at least a 7% body weight loss and 150 minutes of activity each week.

They provide a 12-month program that is delivered virtually via mobile phone and computer. The DPP is a private secure experience:

- During the first four months, the group meets with their certified Lifestyle Coach once a week.
 - During the next two months, the group meets bi-weekly.
- In the last six months, the group meets monthly.

Learn more by visiting our website at uhahealth.com/diabetes.