

Wellness and Discharge Videos

ARKRAY is partnering with Diabetes What to Know expert, Ansley Dalbo, to provide high-quality educational information about diabetes. Together we have created custom videos that will give people living with diabetes and their caregivers resources to help manage diabetes.



To access videos, go to arkcarewellness.com

Video 1: Getting Ready to Leave a Healthcare Facility

When leaving a healthcare facility, it is important to have clear written instructions on what to do when you are home, these are called Discharge Instructions.

1. Name and phone number of a contact person from the healthcare facility you can call to ask questions.
2. Ask if you will need medical equipment like a walker when you're home.
3. Make a list of activities you may need help with once you get home like bathing, dressing, climbing stairs or cooking.
4. Ask to speak to a social worker for support.
5. Have the healthcare staff fill out the "My Drug List," listing all the medications you will be taking once home.

To keep things organized and straight there is a downloadable checklist to help guide you through the process. Here's the link: <https://www.medicare.gov/pubs/pdf/11376-discharge-planning-checklist.pdf>



Video 6: The Diabetes Numbers That Matter

Knowing these five numbers will help predict your future chance of problems with diabetes.

1. Hemoglobin (HbA1c)
2. Blood pressure
3. LDL Cholesterol
4. Estimated glomerular filtration rate (eGFR)
5. Eye exam

Video 7: What You Can Learn from Checking Your Blood Sugar

Why it's important to check blood sugar and what you can learn from checking the numbers in pairs around meals and exercise.

Video 8: Seven Guidelines for a Healthy Diet

Learn how to eat the foods you love while keeping your diabetes in control.

1. There isn't a specific diabetes diet.
2. Don't drink your calories.
3. A healthy diet is centered on fruits and vegetables, lean protein, and whole grains.
4. Keep an eye on portion sizes.
5. Read food labels.
6. Use your blood glucose meter.
7. Seek out a dietitian or diabetes care and education specialist to help plan your meals.

Video 9: How to Plan Your Meals Using the Plate Method

Use the Plate Method to help you build meals with the proper amounts and proportions of proteins, starches, fruits and vegetables.

Video 10: Maintaining Good Health

Five important tips for a person living with diabetes to understand how to maintain a healthy lifestyle.

1. Stop smoking
2. Get an eye exam.
3. Get a foot exam.
4. Get a regular checkup with your dentist.
5. Get a flu shot every year.





Video 11: How to Check Your Blood Sugar

The simple steps of how to use a blood glucometer and lancing device.

Video 12: Diabetes and Low Blood Sugar

The basics of low blood sugar: when it can happen, what the warning signs are and what you do to treat it.

Video 13: Activity and Blood Sugar

Simple ideas to keep you active for your individual lifestyle.

Video 14: How to Manage Diabetes When You're Not Feeling Well

Seven guidelines for setting up a sick-day plan.

1. Check blood glucose often.
2. Ask healthcare provider to check ketones.
3. Take your diabetes medicine.
4. Drink plenty of fluids.
5. Learn about easy-to-eat-foods.
6. Know when to call for help.
7. Preparing for a sick day.

Video 15: Healthy Coping with Diabetes

Eight suggestions for coping with stress in a healthy way.

1. Take small steps.
2. Set SMART goals. Specific. Measurable. Achievable. Relevant. Time-bound.
3. Build your healthcare team.
4. Review your treatment plan.
5. Seek ongoing support.
6. Recognize signs you may need help.
7. Keep up your healthy habits.
8. Observe—don't judge.

© 2019 Diabetes— What To Know Diabetes - What To Know makes good information accessible to people with diabetes— we do not provide medical advice, diagnosis or treatment.

©ARKRAY USA, Inc. All rights reserved.

arkray USA, INC.⁺

Minneapolis, MN 55439 • 800.566.8558 • www.arkrayusa.com

©ARKRAY USA, Inc. All rights reserved. AK098-00 Rev. 02/20