



Mental Health Matters

Managing diabetes can be stressful and take a toll on your mental health.

We're here to help.

It's important to work on your mental health just as you do your physical health. Below are some tips for taking action to reduce stress and anxiety.



Get personal support

If you or a family member enrolled in our health plan have any type of diabetes, join the **Good Health Gateway®** Diabetes Care Rewards Program at no cost.

You'll get personalized support from our team to help you manage your diabetes care activities.

Plus, you'll get \$0 copays on covered diabetes medications and supplies to lessen your financial burden.



Relax your mind

- Write for 10 to 15 minutes a day about stressful events and how they made you feel.
- Talk, laugh, cry, and express anger when you need to.
- Breathing exercises. Take three deep breaths: inhale through your nose, close your eyes and hold it for two seconds, and then exhale through your mouth. Exhale as fully as you can, and feel the stress melt.



Move your body

- Do some form of exercise at least 30 minutes a day.
- Go for a walk.
- Housecleaning and yard work can be exercise.
- Stretch and loosen up your body.
- Try yoga, tai chi, or qi gong.

Enroll Today!

800.643.8028 Hablamos español.
GoodHealthGateway.com