



# Diabetes Life Lines

## Affordable Care Act Update and What it Means for You

Have you heard about the Affordable Care Act, also known as “Obamacare?” The goal was to help people get affordable and adequate insurance. First, the law helped kids with certain health conditions get insurance. Before this law, some companies denied sick children insurance. The 2010 law also made some preventative services free to all patients. It helped people retiring early get coverage, and so much more. Since 2010, changes to the law have helped cover even more patient rights. Tax breaks have been an important part of these changes. Recently, however, those tax credits were threatened in the case of *King v. Burwell*.

Luckily for many Americans, including people with diabetes, the American Diabetes Association (ADA) helped keep the tax breaks around. The ADA worked with other health organizations to show the court that canceling the tax breaks would be bad for the public. The ADA explained that people who don’t have insurance are more likely to need expensive emergency care. They talked about one study that found that more than 6 million people in 34 states may have lost

their health insurance if the tax credits were stopped. In Georgia, more than 400,000 people may have lost their insurance or had to pay more. One study by the Kaiser Foundation stated that health insurance costs may have tripled.

Even if you don’t agree with the lawmakers, it is good to know how the laws affect you. Earlier issues of Diabetes Life Line discussed the Affordable Care Act up through December 2013. Now let’s review what changes have happened since January 1, 2014 that may affect diabetes care.

- You can’t be denied coverage or charged more because of your diabetes.
- Some basic health services must be covered by new plans. These include some hospital costs, prescription medicines, and some preventive services.
- Insurers cannot set an upper limit on how much can be spent on these essential health benefits in a year.
- The insurance agencies are trying new ways to pay doctors based on how well they take care of their patients, not how many patients they see.

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These are all good changes for a person with diabetes. They help make some benefits available to everyone. Still, costs and the exact medicines and services covered can differ between plans. Be sure to check if the medicines you take and supplies you use are covered. Also check prices on these items.

The time to apply for coverage this year is over. You can sign up to get insurance for next year starting on November 1, 2015. Go to [www.healthcare.gov](http://www.healthcare.gov) at any time to sign up to get important updates and reminders. The website can also help you find out if you qualify to get discounts on health insurance.

It's the law that most people must have health insurance. If you do not purchase health insurance, you may owe extra taxes the next year. In some special cases, you may not have to buy health insurance if you can prove that you cannot afford it. To learn more, go to [www.healthcare.gov](http://www.healthcare.gov)

*Based on information from the American Diabetes Association, the US Department of Health & Human Services (HHS.gov), and the Kaiser Family Foundation (<http://kff.org/interactive/king-v-burwell-effects/>).*

## Heading Back to School with Diabetes By the [National Diabetes Education Program](#)

Diabetes is one of the most common chronic diseases in children. For parents of children with diabetes, back to school means more than new teachers, pencils, and socks. It means buying diabetes supplies to keep at school. It also means working with school staff to help keep their children safe at school and at school-sponsored activities.

Nobody knows your child like you do. So, it is important to meet with the school staff before the school year starts. You should schedule a meeting with the teacher and school nurse. Other people that can be helpful are the principal, school cafeteria staff, and the gym teacher. You should bring your child's medications with you and any items that you use in emergencies, like glucose tablets.

The National Diabetes Education Program's (NDEP), *Helping the Student with Diabetes Succeed: A Guide for School Personnel*, is a guide to help parents and schools work together. The guide has many helpful tools. It has forms to help with planning for emergencies. It also has an information page to include the types of supplies and medications the child uses, how often to check blood sugar, and how much carbohydrate the child can eat. It's important to have this information on file at the school in case the teacher or nurse is absent.

As the school year begins, parents of children with diabetes are encouraged to follow these tips from NDEP's *School Guide* (available at [www.YourDiabetesInfo.org/SchoolGuide](http://www.YourDiabetesInfo.org/SchoolGuide)) to help keep their children safe.

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- **Take action.** Tell the school right away that your child has diabetes. Share your child's medical information. Give the school current phone numbers for emergencies.
- **Ask your child's doctor to help you complete "Diabetes Medical Management Plan."** You can find an example in the *School Guide*. This plan contains the medical orders for your child. Give a copy to the school nurse at the start of each school year. If your child's health changes during the school year, get a new plan. Give the new plan to the school nurse right away.
- **Meet with the school nurse to go over your child's school health care plans.** The school nurse will use the plan to prepare your child's routine and emergency diabetes care plans at school. You can find samples of these plans in the *School Guide*.
- **Bring all your child's daily and emergency supplies to school.** Examples of items the school will need are: blood sugar (glucose) meter, strips, lancets (needles), supplies for taking insulin (IN-suh-lin), and urine and blood ketone testing, snacks, quick-acting glucose products, and a glucagon (GLOO-kuh-gon) kit.
- **Be an active member of the school health team.** The *School Guide* includes action plans for all school staff, and for you and your child to work together to manage diabetes care at school. Go over these checklists with your child so you can work as a team with school staff.

And don't forget to talk to the school nutrition department! They can help you see how the school meals can meet your child's needs.

For more information about children with diabetes and to download or order a free copy of NDEP's [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#), call 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162 or visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

*The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.*

### Additional Information:

American Diabetes Association (ADA), [www.diabetes.org](http://www.diabetes.org), search "Safe at School"

JRDF School Advisory Toolkit, <http://jdrf.org/get-support/t1d-toolkits/>

Items the school needs to help keep your child with diabetes safe:

- Your current phone number
- Other emergency contacts
- Blood sugar testing supplies (meter, strips, lancets, alcohol wipes)
- Insulin and other medications
- Glucose tablets or other products to help with low blood sugar emergencies
- Snacks
- Urine ketone testing kits
- Your cooperation!!

## Caribbean Red Snapper

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley.  
Salmon or chicken breast can be used in place of red snapper.

### Ingredients:

2 Tbsp. olive oil	½ cup dry white wine
1 medium onion, chopped	¾ pound red snapper fillet
½ cup red bell pepper, chopped	1 large tomato, chopped
½ cup carrots, cut into strips	2 Tbsp. pitted ripe olives, chopped
1 clove garlic, minced	2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

### Directions:

1. In a large skillet, heat olive oil over medium heat. Add onion, red bell pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
2. Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
3. Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
4. Transfer fish to serving platter. Garnish with vegetables and pan juices.

Total Servings = 4.

Nutrition Facts: Serving Size ¼ red snapper with ½ cup vegetables

Calories: 220 Fat: 10 grams Saturated fat: 2 grams Cholesterol: 35 milligrams

Sodium: 160 milligrams Carbohydrate: 8 grams Fiber: 2 grams

Protein: 19 grams Diabetic Choices: 2 ½ lean meats, 1 ¼ vegetables, 2 fats

Reproduced from the National Diabetes Education Program, *Tasty Recipes for People with Diabetes*.  
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Dear Friend,

*Diabetes Life Lines* is a bi-monthly publication sent to you by your local county Extension agent.

It is written by an Extension Nutrition and Health Specialist and other health professionals from the University of Georgia. This newsletter brings you the latest information on diabetes self-management, healthy recipes and news about important diabetes-related events.

If you would like more information, please contact your local county Extension Office.

Yours truly,

County Extension Agent

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