

Seven Ways to Maintain Healthy Feet

With diabetes, you are more likely to develop nerve damage, or neuropathy, in your feet. This can cause one or all of the following symptoms in your feet: tingling, pain or weakness. It can also result in loss of feeling in your feet, making it easier to injure them without realizing it.

Below are tips to make sure your feet stay healthy!



1

Keep your blood glucose in your target range



2

Examine your feet and check for red spots, cuts or blisters



3

Improve the circulation in your legs and feet with more physical activity



4

Wash your feet daily



5

Take care of the skin on your feet by applying lotion or petroleum jelly



6

Trim your toenails and file the edges with a nail file



7

Wear shoes and socks at all times



Talk to your provider for more ways to maintain your health while managing diabetes.

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

