



# Diabetes Management Program

Diabetes affects almost seven percent of the population. Most people with diabetes have risk factors such as high blood pressure and high cholesterol that increase their chance for heart disease and stroke. Since more than 65 percent of people with diabetes die from heart disease or stroke, our program helps you manage your diabetes to reduce your risks.

## How does the Diabetes Management program work?

The Diabetes Disease Management program helps you manage the “ABCs” of diabetes – A1C (or blood sugar control), blood pressure and cholesterol – and how to best manage your condition. The program provides wide ranging benefits that focus on medication, diet and exercise tips to help you live a healthy life and get the best value from every dollar you will spend on your care.

## How does the Diabetes Management program help me?

The program will help you achieve a healthier future. You will receive coaching by experienced diabetes nurses who can help answer your health questions, find ways to reduce risk factors and may be able to help you save on out-of-pocket health expenses. The nurses can also connect you with quality doctors and hospitals. And, this service is free of charge to you.

## How do I participate?

A registered nurse will call you if your medical condition qualifies you for this program. Your nurse will keep in touch with you and help you set up a diabetes self-management plan. The program is entirely voluntary and you can be assured your personal privacy will be protected.

## Is there any cost to this program?

No. There is no additional cost to you and your family.

