

Diabetes Management Services



Take control of your diabetes.

If you have been diagnosed with diabetes, this means that there is too much sugar in your blood. Uncontrolled sugar in your blood puts you at higher risk for heart attack and stroke.

We can help!

Our services can help you maintain a healthy lifestyle with diabetes:

- ✓ Routine follow-up visits with your primary care provider (PCP)
- ✓ Counseling with the diabetes team
- ✓ Education visits with a certified diabetes educator (CDE)
- ✓ Prediabetes, diabetes and chronic disease self-management groups
- ✓ Physical activity classes

Ask your primary care provider or site staff to get connected with our services.

What will happen at my follow-up visits?

You will get your blood sugar checked and see your primary care provider for your regular follow-up visit.

Your site will have a diabetes team staff member (diabetes health coach or wellness coach) who may come by during your follow-up visit to discuss or review your current goals and challenges with diabetes.

If you need further support, you can schedule a diabetes education visit with a certified diabetes educator (CDE) for more detailed counseling and a medication review.

What are some ways I can manage my diabetes?

- ✓ Eating healthy
- ✓ Taking your prescribed medications
- ✓ Going to all of your follow-up visits with your PCP and CDE
- ✓ Exercising and being physically active

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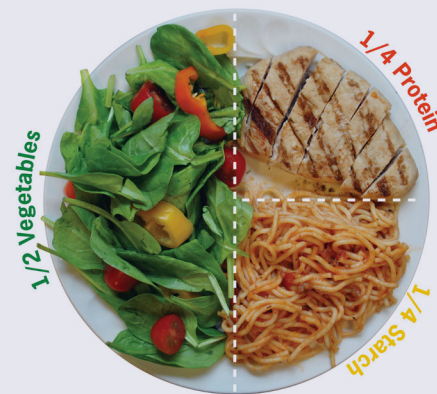


How can I eat healthy?

Your primary care provider or diabetes team staff member can go over strategies for healthy eating. *The Plate Method* is one strategy.

The Plate Method

1. Fill $\frac{1}{2}$ of your plate with vegetables.
2. Fill $\frac{1}{4}$ of your plate with starchy vegetables and whole grains.
3. Fill $\frac{1}{4}$ of your plate with meat and other protein.



What will happen if my diabetes is uncontrolled?

If your diabetes is uncontrolled, you may experience these symptoms:

- Blurry vision
- Increased thirst or the need to urinate
- Feeling tired or ill
- Recurring skin, gum, or bladder infections
- Dry, itchy skin
- Unexpected weight loss
- Slow-healing cuts or bruises
- Loss of feeling in the feet or tingling feet

Some of the more serious complications of uncontrolled diabetes are loss of vision, numbness in your hands and feet, kidney disease, poor wound healing and an increased risk for heart attack and stroke.

We are here to help prevent these serious complications.

Take control of your diabetes. Ask your primary care provider or site staff to get connected with our services today.