



# The Diabetes Care Management Program

## Managing Diabetes for a Healthy and Active Life

### What is the Diabetes Care Management Program?

The Diabetes Care Management Program is a special Kaiser Permanente program designed to provide members with diabetes the highest quality of care. Our goal is to help you manage your diabetes so that you can lead a healthy and active life.

### Is the Diabetes Care Management Program for you?

Your physician or nurse practitioner may have referred you to this program because you have been having difficulty managing your diabetes. Your diabetes care manager will work with you to develop a personalized care program to help you learn the skills you need to get your diabetes in control and to keep it there. We highly recommend that you attend basic diabetes education classes before joining the program.

### What can you expect from the program?

Your personal care manager will be a specially trained registered nurse, registered dietitian, or clinical pharmacist and will work in partnership with your physician. Your care manager will help you gain the skills you need to manage your diabetes on a day-to-day basis.

Your diabetes care manager will work with you for approximately three to six months. Your first visit with your care manager may take place in an office setting at the medical center. In between appointments, you and your care manager will connect by telephone regularly, depending on your needs. In addition to telephone appointments, you may have some clinic visits with a dietitian to help plan and customize your meals.

At each visit, you and your care manager will see how well you are controlling your diabetes. You will work on things that may help you better manage your diabetes, such as monitoring your blood sugar and adjusting your diet, medication, or physical activity. Your care manager will help you improve your blood sugar control in ways that fit your lifestyle.

### How will this program help you?

This program will help you learn the self-care skills that you need to be able to stay healthy and active. By controlling your diabetes better, you can improve the quality of life for you and your family.

### What will it cost?

The appropriate copayment will be charged for each clinic visit or group appointment. There is no charge for telephone calls. Laboratory tests, pharmacy prescriptions, or specialist appointments (if needed) are covered according to your benefits plan.

## What can you do?

This program will work best if you take an active part in managing your condition. Before you start the program, think about how ready you are to make the changes you need to take control of your diabetes. You and your care manager will work together to set goals and actively work towards attaining them. Your care manager will help you learn the skills you need to manage your diabetes.

### Here's what you can do to prevent diabetes complications:

- Eat healthy foods that are good for you and your family.
- Take control of the **ABC's** of diabetes and reduce your risk of heart attack and stroke.
  - A** is for A1C (suggested target is below 7)
  - B** is for blood pressure (suggested target is below 130/80)
  - C** is for cholesterol LDL (suggested target is below 100)
- Take your medicines every day or as directed by your physician.
- Check your feet every day for cuts, blisters, or reddened areas.
- Get your checkups, eye exams, blood tests, and screening tests done when needed.
- Learn exactly what to do when you are sick. With proper training, medication, and confidence, you can usually handle an illness without a visit to your physician.
- Reduce your risk of colds and flu by washing your hands often and getting a flu shot each year. Get a Pneumovax immunization.

For more information on the Diabetes Care Management Program, call:

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### Additional resources

- Connect to our Web site at **kp.org** to access health and drug encyclopedias, interactive programs, health classes, and much more.
- Check your *Kaiser Permanente Healthwise Handbook*.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.