

My most recent test results

These lab tests and exams are recommended to be done regularly to detect complications of diabetes in their early stages when treatment can be most effective.

TEST	DATE	RESULT
Hemoglobin A1C <i>Test 2-4 times per year</i> <i>Goal: value of <7.0</i>		
LDL (bad cholesterol) <i>Test once per year</i> <i>Goal: value of <100</i> <i>unless your physician</i> <i>recommends lower</i>		
Urine test for protein (microalbuminuria) <i>Test once per year</i>		
Dilated eye exam <i>Test once per year</i>		
Foot exam performed by my doctor <i>Performed once per year</i>		

Diabetes Care Program



www.mvphealthcare.com

The Diabetes Care Program

The Diabetes Care Program was created to assist you in making healthy lifestyle changes and provide you with information and strategies to help you better manage your diabetes.

Eligibility

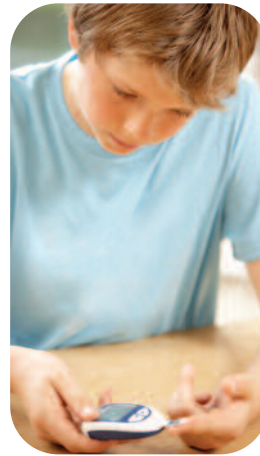
Members who have an A1C that is at or greater than 8.0% are at greater risk for complications from diabetes and would benefit from the telephonic portion of the *Diabetes Care Program*. This is a blood test your physician will order to monitor how well you are managing your diabetes. Check with your doctor to find out your results.

What does the Program provide?

A registered nurse will be your personal health coach to assist you in making the necessary lifestyle changes to better manage your diabetes.

Through telephone consultation the health coach will help you develop an individualized plan that may include:

- Developing a routine for monitoring your blood glucose levels
- Assisting you to better understand your diet plan and how food affects your blood glucose levels
- Assisting you to better understand how your food and medications work together for glucose control
- Assisting you to better recognize the complications that may be caused by uncontrolled diabetes
- Managing sick days
- Learning how exercise can help you manage your weight and blood glucose levels
- Smoking cessation
- Stress reduction
- Monitoring for depression and getting treatment as needed



Program Goals

Optimal diabetes management includes:

- Hemoglobin A1c checked at least every 6 months. Set your goal for a test value <7.0
- LDL checked at least every year. Set your goal for less than 100 mg/dl unless your physician recommends lower
- Testing your blood sugar regularly as recommended by your physician and keeping a record of your test results
- Microalbumin level (urine test) checked annually
- Dilated eye examination annually (your eye exam is covered under your medical benefits, without a referral)
- Visit your dentist at least annually
- Flu shot annually
- Comprehensive foot exam at least annually
- Seeing a Diabetic Educator/Nutritionist for meal planning and guidelines to help manage your diabetes



For more information about the Diabetes Care Program, please call 1-866-942-7966.

