

## Our Care Management Program Offers Ongoing Diabetes Support

Our Care Management program provides one-on-one diabetes support. It's especially recommended if your diabetes is difficult to manage or if you have multiple chronic conditions. The program gives you access to a Care Manager (a registered nurse, dietitian, or certified diabetes educator) who can help you manage your diabetes and coordinate your care. This program supports the care you receive from your doctor.

### Your Care Manager can help you:

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| <ul style="list-style-type: none"><li>• Understand your diabetes diagnosis and treatment plan</li><li>• Comply with medications your doctor prescribes</li></ul> | <ul style="list-style-type: none"><li>• Set goals to prevent complications from diabetes</li><li>• Learn about nutrition and meal planning</li></ul> | <ul style="list-style-type: none"><li>• Develop a plan for when you're sick</li></ul> |
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## Talk to a Care Manager

Call **1-800-392-0098**, Monday through Thursday, 8:30 a.m. to 8:00 p.m. ET and Friday, 8:30 a.m. to 4:30 p.m. ET.

## Use These Tools and Resources to Help Live a Healthier Life

a**healthyme**<sup>®</sup>

Visit [ahealthyme.com/Library/DiseasesConditions/Adult/Diabetes/](https://ahealthyme.com/Library/DiseasesConditions/Adult/Diabetes/) to learn more about diabetes and how to treat it. Our ahealthyme website offers a wealth of information about diabetes management, including:

- Facts about diabetes
- Planning healthy meals
- Creating wellness and sick day plans
- Medications and lab tests

## 24/7 Nurse Care Line: Advice In an Instant

Talk to a registered nurse, at no additional cost, any time you get sick or injured. They'll guide you through your next steps for care. Call the 24/7 Nurse Care Line at [1-888-247-BLUE \(2583\)](tel:1-888-247-BLUE).

## Care Reminders

Remembering everything you have to do to manage your diabetes can be challenging. But you don't have to do it alone. We'll send you a personalized letter annually, in September or October, to remind you to keep on track with necessary tests, exams, and treatments, such as:

- A blood glucose control test (HbA1c) to measure your average blood sugar level over the past three months
- A retinal exam to help detect blood vessel abnormalities in your eyes
- A urine test to measure how well your kidneys are working
- Managing cholesterol with statin therapy to help reduce buildup in your arteries

## Keep in Mind

### Importance of Dental Care

Studies have shown that dental health can affect your overall health. By brushing, flossing, and seeing your dentist regularly, you can treat dental disease early, and avoid future complications.

### Proper Medication Use

As a person living with diabetes, it's important to follow your doctor's recommendations when using insulin and taking medications. Talk to your doctor about what's right for you.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

