

Living with Diabetes

Diabetes happens when a person has high blood sugar because of lack of insulin or because the body's cells do not respond correctly to insulin or both. McLaren Health Plan (MHP) has a diabetes outreach program to help you. If you have diabetes, you are eligible to participate in this voluntary FREE program and will receive:

- Personal contacts from your MHP nurse
- Educational materials and newsletters
- Assistance from healthcare professionals to help you control your diabetes

Please call 888-327-0671 today to join the diabetes outreach program.

Diabetes Care

Part of good diabetes care is seeing your doctor regularly and each year ask your doctor to do the following:

- Two HgA1c blood tests to check how well your blood sugar is being controlled
- Dilated eye exam (this is a covered benefit for members with diabetes)
- Foot exam
- Body Mass Index
- Urine test to check for kidney changes

These tests are all covered by MHP.

Is Your Diabetes Under Control?

WebMD.com has many resources and self-management tools to help you with diabetes.

(See back for more information.)



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CONTACT US

At McLaren Health Plan, we strive to provide you with the best service possible.

We are here for you!

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For questions or to opt out of this program, contact Customer Service TFN at 888-327-0671 (TTY: 711).

Is Your Diabetes Under Control? (*cont.*)

Visit <https://www.webmd.com/diabetes/default.htm> today to see the diabetes guide which includes information about handling specific diabetic challenges, learning more about diabetes medications, diabetes treatment and much more.

WebMD.com does not replace the medical advice from your primary care physician.

Smoking

If you don't smoke or use tobacco products, don't start. If you do, MHP has a FREE Stop Smoking Program to help you. Call 800-784-8669 to enroll today. You are also eligible to receive tobacco cessation counseling from your physicians. MHP covers tobacco cessation prescriptions and over-the-counter medications like Varenicline (Chantix®), Bupropion SR (Zyban®), nicotine gum, lozenges, patches, and nasal sprays. You and your doctor should decide the best option for you.

Members with a diagnosis of diabetes are automatically enrolled in the Diabetes Disease Management program. Members can become ineligible if they are incorrectly identified as diabetic, are no longer an MHP Member (terminated/expired) or if the member chooses to opt out of the program.