

## Diabetes Care

Do you or a family member have diabetes? The **Diabetes Care** program may help you manage your diabetes.

Diabetes has serious risks — but you can stop them. We want to help in controlling your diabetes. We also want to help reduce your risks of blindness, heart disease, kidney disease, foot ulcers, and other problems.

### Understanding Diabetes

In order to understand your diabetes, you need to know how your body uses food. The food you eat turns into glucose (sugar) in your stomach. It enters the bloodstream, where it is carried to your body's cells.

Insulin, a natural hormone made in your pancreas, is needed to help the sugar enter your cells. After entering the cells, the sugar is used for energy.

If your child has diabetes, the blood sugar remains higher than normal. This is because the pancreas makes little or no insulin or the body does not use the insulin it does make. A healthy diet, exercise, and medicine can keep the blood sugar level under control.

### Types of Diabetes

There are two types of diabetes: Type 1 and Type 2. With each type, the sugar level is high but the reason this happens is different. [Click here to compare the two types of diabetes.](#)

### Standards of Care

The best way to deal with diabetes is to learn as much as you can about taking care of yourself. [Find out how to help reduce your risk of problems.](#)

### Diabetes Care

We identify members eligible for our diabetes program through claims information. This program helps members with diabetes control their disease to stay healthy and active. It's important for you to learn all you can and make good choices. You also need to work closely with doctor to help prevent or delay problems from diabetes. All members receive information specific to diabetes through the mail.

- If you have questions about your diabetes, as always, call your doctor. If you need help selecting a doctor, call customer service at 1-800-690-1606.
- We will be sending you and your doctor some reminders for care and helpful tips on diabetes.
- If you need diet instructions or other diabetes services, talk to your physician. He or she will work with us to get the services you need.
- Members may order free glucose meters by calling one of the following companies. These are third party vendors who will assist in choosing the right meters for your needs. Meters will be sent directly to your home or work, as requested.

Abbott Diabetes Care: 1-866-224-8892 or [www.meters.abbottdiabetescare.com](http://www.meters.abbottdiabetescare.com)  
LifeScan, Inc.: 1-800-845-9525 or [www.onetouch.orderpoints.com](http://www.onetouch.orderpoints.com)

For more information on diabetes visit the [American Diabetes Association](#).  
Para más información en español visite la [American Diabetes Association](#).

Please call the customer service number on your ID Card if you have questions about diabetes.