

# Take Control of Your **Diabetes**

Learn How to Successfully Manage Your  
Condition with an Individualized Treatment Plan



MEDICAL MUTUAL®

# Live Successfully with Diabetes

Eating the right diet and watching your blood sugar can be a challenge if you have diabetes. Improve your health by learning how to manage your diabetes with an individualized treatment plan from Medical Mutual's Disease Management Program.

A trained health coach works with you to supplement the care you get from your doctor. You will receive reminders and help with coordinating the services you need, including eye and foot exams, blood pressure monitoring and more. With our program tailored to your needs, you can rest assured you're in good hands. In fact, 94.4 percent of members said they would recommend our Disease Management Program to others.

## Program Highlights

No out-of-pocket cost for program participation:

- Education and support from a health coach
- Phone sessions with a dietician or diabetic educator, if needed
- Smoking cessation assistance through our QuitLine program, if needed

As an active program participant, you may also receive up to 100 percent coverage of essential diabetes testing supplies (e.g., meters, supplies).

## Enroll Today

Call us at 1-800-861-4826 and select option 2 to check eligibility and enroll.

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These recommendations are for your information only. They do not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.

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