



Diabetes Care Management

How can Diabetes Care Management help you?

Managing your diabetes can help you feel better and keep you doing the things most important to you. In Diabetes Care Management, you partner with a clinician on a more regular basis to help you learn the self-care skills you need to stay healthy and active.

Why should you consider Diabetes Care Management?

Your care team referred you to this program because they believe you could benefit from more active support. Care management lets you work directly with a care manager to help you set and reach your goals for diabetes health. You may get the most benefit from care management if you attend a basic diabetes education class (offered at most of our facilities) before starting.

What can you expect from Diabetes Care Management?

A specially trained registered nurse or clinical pharmacist will be your personal care manager. They will work with you and your doctor to make sure you have the medications, care, and skills you need to manage your diabetes.

Your first visit with your care manager may be by phone or at the medical center. In between appointments with your doctor, you and your care manager will connect by phone or by using our secure messaging service on kp.org/mydoctor. In addition, your care plan may include some office visits with a dietitian who can help you plan your meals and snacks for the best diabetes control.

When you begin, you and your care manager will review what you currently do to manage your diabetes to see what is working well for you and where you can improve. You will work together to set goals for your care and change them over time as you progress. Your care manager will also help you improve your blood sugar control in ways that fit **your** lifestyle.

What will it cost?

There is no fee for office visits with your care manager or for phone calls. If you are enrolled in one of our deductible plans, some classes or groups may require a fee. You can find out by:

- Checking your Evidence of Coverage (EOC) to confirm the services offered under your plan.
- Calling Member Services at 1-800-464-4000 for an estimate of any charges that may apply before you come to a class, individual or group appointment, or support group. Member Services can also send you a copy of your EOC if you need one.

What is your role?

Diabetes Care Management will work best if you take an active part in managing your diabetes. Before you start, think about how ready you are to make the changes you need to control your diabetes. You will work with your care manager to set goals and actively attain them. You can also explore other resources to help you get started today in taking care of your diabetes and preventing complications.

Additional resources

- Find information, videos, and much more on how to manage diabetes, prevent complications, and use insulin at kp.org/mydoctor/diabetes.
- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of ! medical advice or care you receive from your physician or other health care ! professional. If you have persistent health problems, or if you have additional ! questions, please consult with your doctor. !