

# DiabetesCare

## A Health and Wellness program for SummaCare members with diabetes

DiabetesCare is a condition management and complication prevention program that provides tools, health coaching and resources to help you live a healthier life. Participation and support activities in this voluntary program are tailored according to your condition severity.

### As a DiabetesCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing diabetes
- Access to a SummaCare registered nurse to answer questions or provide health coaching support and materials
- Help finding a healthcare provider, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for diabetes to help with post-discharge care or services
- Advice and reminders regarding preventive and self-care for diabetes and for your overall health



### If you qualify for additional DiabetesCare services, you will be contacted by a SummaCare registered nurse and invited to participate in personalized health coaching. If you agree to health coaching, you will receive:

- A diabetes assessment conducted over the telephone
- A personalized diabetes self-management plan tailored to your goals and needs (information to help with care planning may be provided by your healthcare provider and/or coordinated with other diabetes providers available to you in your plan's network)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Ongoing telephone contact with a registered nurse to help you achieve your health goals

### As a SummaCare member you have access to:

- SummaCare's WebMD® Health Manager portal featuring an online library of diabetes health information, symptom tracking tools and educational videos about managing diabetes
- A 24-hour phone number to speak with a registered nurse about diabetes or other health questions

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If you would like more information about the DiabetesCare program, please call SummaCare at **877.888.1164** (TTY **711**) or visit **[summacare.com](http://summacare.com)**.

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