



# Diabetes.

Are you at risk? Make an appointment with your doctor today.

By taking action with your diabetes, you can help prevent complications, which include heart disease, and live a healthier life.



## See your doctor, it's important.

- To get an A1C blood test (it shows your blood sugar levels over the last 3 months).
- To check for signs of nerve damage in your feet.
- Have your eyes checked every 1–2 years for diabetes related eye problems.
- A urine test can detect early signs of kidney disease and allow you to take early action.<sup>1</sup>



## This visit is covered by UnitedHealthcare.

- See your in-network primary care provider (PCP) for this visit.
- Your PCP is the main doctor you see for most of your care.
- Remember to bring your member ID card to the visit..



## Get help with your appointment.

- From scheduling your next checkup appointment to finding a doctor, count on us to help you get the care you need, as soon as you need it.
- Call **Member Services at <1-XXX-XXX-XXXX, TTY 711>, [<Monday – Friday>, <8 a.m. – 6 p.m.>,]** for help making an appointment or finding a PCP.

See the back side to learn more.



Round	Team	Project Details	Specifications
1 UHC_CS	Copy: Blake Base Design: Mike Production: Lisa Mkt Mgr: Kelly Job: 23567	Software: InDesign CC2018 FileName:CST23567A_CL19_TK_DiabetesBloodSugar_E.indd RGL: Project Notes:	Color(s): 4/4 Bleed: none Flat: 8.5x11



### What to expect at the visit.

1. Your doctor will review any medications you may take. He or she will also check your A1C and tell you what your blood sugar goal is.
2. Let your doctor know about anything that you are concerned about during your visit. Having a discussion can help get your worries off your mind.
3. Making an action plan. Your doctor will let you know how often you should check your blood sugar, what to do if you have any symptoms and any steps you should take to help prevent problems.



### Other important steps for your health.

- Know the risks for diabetes.
- Know and track your numbers, like blood pressure and cholesterol.
- Get plenty of physical activity and make healthy food choices.



### More ways we can help.

- **[NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call <1-XXX-XXX-XXXX>, TTY 711.]
- **[Equipment and supplies.** In-home medical equipment (like a blood pressure monitor) is covered.]
- **[Need a ride?** We provide rides to and from medical visits.]

<[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)>



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We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-877-542-8997, TTY 711, Monday through Friday, 8:00 a.m. to 5:00 p.m.

ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

<sup>1</sup>CDC.gov

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