

# Don't fight diabetes alone

ConditionCare: Diabetes



## Let our nurse care managers help you control your diabetes and live your best life

If you (or a covered family member) get diagnosed with diabetes or already have it, don't worry, you're not alone. ConditionCare can help. There's no added cost to join, so sign up today.

Taking control of your blood sugar is key in avoiding major problems that can come when diabetes is not managed. You can work with our nurse care managers to try to keep your diabetes in check. Not only will you enjoy your best health, but you'll also keep your health costs down. You could pay four times as much each year for your medical care if your diabetes leads to other major health issues.<sup>1</sup>

If you think you might have diabetes, see a doctor and start to treat it right away. Ask your doctor to test your blood sugar if you have symptoms like these:

- Urinate often
- Extreme hunger or thirst
- Abnormal weight loss or blurry vision

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care workers to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about diabetes and your health.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.

ConditionCare is for the whole family. If you have diabetic children, the program can help you manage their care.

## Get help managing your diabetes

To learn more or to join ConditionCare, call us toll free at 866-596-9812.



<sup>1</sup> Coffey JT, Brandle M, Zhou H, et al. *Valuing health-related quality of life in diabetes*. Diabetes Care (2002); care.diabetesjournals.org.

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