



## My Most Recent Test Results

It is recommended that these tests and exams be done regularly to detect complications of diabetes in their early stages when treatment can be most effective.

### Hemoglobin A1C

Test 2–4 times per year

**Goal:** Value of less than 7.0 unless your physician recommends otherwise

Test Date	Result

### LDL (Bad Cholesterol)

Test as directed by your physician

**Goal:** Value of less than 100, unless your physician recommends lower

Test Date	Result

### Urine Test for Protein (Microalbuminuria)

Test once per year

Test Date	Result

### Dilated Eye Exam

Test once per year

Test Date	Result

### Foot Exam

Performed by your physician once per year

Test Date	Result

## Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

## Contact MVP to learn more about the MVP Health Management programs.



Call **1-866-942-7966**  
(TTY: 1-800-662-1220)



Or visit [mvphealthcare.com](http://mvphealthcare.com)



# Diabetes Care Program

## The MVP Diabetes Care Program

was created to assist you in making healthy lifestyle changes and provide you with information and strategies to help you better manage your diabetes.

A personal health coach will assist you with making the necessary lifestyle changes to better manage your diabetes.

You are eligible for the **MVP Diabetes Care Program** if you are an adult or child who is living with diabetes. Members who participate in the program are those who are interested in making healthy lifestyle changes to better manage their diabetes.



### What will you receive from the program?

- An informative newsletter about diabetes twice a year (in the mail or sent to you by email).
- A personal checklist of medical tests recommended to help control your diabetes.
- Educational mailings targeted to your specific needs.

### What does the program provide?

Through telephone consultation, your health coach will help you develop an individualized plan that may include:

- Developing a routine for monitoring your blood glucose levels
- Assisting you to better understand your diet plan and how food affects your blood glucose levels, and how your food and medications work together for glucose control
- Assisting you to better recognize the complications that may be caused by uncontrolled diabetes
- Managing sick days
- Learning how exercise can help you manage your weight and blood glucose levels
- Smoking cessation
- Stress reduction
- Monitoring for depression and getting treatment as needed



## Set and meet your program goals.

Your objectives may include some or all of these optimal diabetes management goals:

- Hemoglobin A1C checked at least every six months. Set your goal for a test value below 7.0 unless your physician recommends otherwise
- LDL checked at least every year. Set your goal for less than 100 mg/dl, unless your physician recommends lower
- Testing your blood sugar regularly as recommended by your physician and keeping a record of your test results
- Microalbumin level (urine test) checked annually
- Visiting your dentist at least annually
- Dilated eye examination annually (your eye exam is covered under your medical benefits, without a referral)
- Flu shot annually
- Comprehensive foot exam at least annually
- Seeing a diabetic educator/nutritionist for meal planning and guidelines to help manage your diabetes



Call 1-866-942-7966 to learn more about this program or to request materials to help you stay healthy.