

## The MVP Diabetes Care Program

is designed for members who are living with diabetes, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor’s recommendations—you’ll have the tools, education, and resources to better understand diabetes and make lifestyle changes to keep your health under control and on track for improvement.

### What does the program provide?

Get private telephone outreach from a Health Coach to develop a custom plan to keep your diabetes in good control. Your plan may include:

- Developing a routine for monitoring your blood glucose levels
- Understanding your diet plan, how food affects your blood glucose levels, and how food and medications work together for glucose control
- Recognizing complications that may be caused by uncontrolled diabetes
- Managing sick days
- Learning how exercise can help you manage your weight and blood glucose levels
- Quitting tobacco products or vaping
- Reducing stress
- Monitoring for depression and getting treatment as needed
- A personalized checklist of tests and exams recommended to help control your diabetes
- Educational materials about your specific needs



MVP has resources for members who are living with a physical or behavioral health concern. **For more information, visit [mvphealthcare.com/HealthandWellness](https://mvphealthcare.com/HealthandWellness).**

# Your Test Results

It is recommended that the following tests and exams are completed at least yearly to avoid complications from diabetes. Talk with your doctor about your results and what they mean to you.

## Retinal Eye Exam

Get a retinal exam by an eye doctor every year because over time, diabetes can affect your eyes. Have this exam even if your medical doctor has examined your eyes, and even if your vision seems fine.

EXAM DATE	RESULT

## Hemoglobin A1c (HbA1c)

Have this test every six-to-12 months to show your average blood sugar level over the previous two-to-three months. A result of less than 8% can reduce your risk of complications such as kidney damage, blindness, nerve damage, and circulation problems.

TEST DATE	RESULT

## Urine Protein

This test checks for early signs of kidney problems which can be treated to help prevent future problems.

TEST DATE	RESULT

## LDL Level

Sometimes called “bad” cholesterol, this test checks your LDL level, which contributes to the formation of plaque in the arteries and can lead to a heart attack.

TEST DATE	RESULT

## Complete Foot Exam

People living with diabetes are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.

EXAM DATE	RESULT

## Set and Meet Program Goals

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

- Complete important diabetes tests and exams at least annually. See back page for details.
- Test your blood sugar regularly as recommended by your doctor and keep a record of your test results.
- Visit your dentist at least annually.
- Get a flu shot annually.
- See a diabetes educator/nutritionist for meal planning and guidelines to help manage your diabetes.

# Questions? We are here to help.

Call MVP Case Management  
at **1-866-942-7966**,  
Monday–Friday 8:30 am–5 pm.