



Diabetes Care Management Program

How can the Diabetes Care Management Program help me?

Keeping blood sugar under control helps you feel better so you can keep doing the things that are most important to you. In the Diabetes Care Management Program, you'll partner with a diabetes specialist to learn the self-care skills you need to manage diabetes and stay healthy and active.

Why should I consider it?

Your care team referred you because they believe you could benefit from this support. In the program, you'll work directly with a diabetes specialist to set and reach your goals for diabetes health. Attending a diabetes class (offered at most of our facilities) before starting can help you get the most benefit.

What can I expect?

A nurse or pharmacist will be your diabetes specialist. They'll work with you and your doctor to make sure you have the medications, care, and skills you need to manage your diabetes.

Your first visit with your diabetes specialist may be by phone or in person. In between appointments with your doctor, your diabetes specialist will connect with you by phone or email. In addition, your care plan may include partnering with a dietitian who can help you plan your meals and snacks for the best diabetes control.

When you begin, you and your diabetes specialist will review what you currently do to manage your diabetes. You'll see what's working well for you, where you can improve, and how to set goals for your care.

What will it cost?

There's no fee for office visits or phone calls with your diabetes specialist. If you're enrolled in one of our deductible plans, some classes or groups may have a fee. You can find out by calling Member Services at 1-800-464-4000.

What's my role?

The Diabetes Care Management Program works best if you take an active role in managing your diabetes. Before you start, think about how ready you are to make the changes you need to control your diabetes. You'll work with your diabetes specialist to improve your blood sugar control in ways that fit your lifestyle.

We're here to help

Learn more about managing your diabetes:



Live Well With Diabetes:
kp.org/mydoctor/diabetes



My Doctor Online:
kp.org/mydoctor



HEALTH EDUCATION



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.

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