

For information on **DIABETES** call:



**Diabetes Resource Line:**

**1-877-796-5878 (TTY/TDD 711)**

Monday-Friday, 8:00am-4:00pm



**Nurse Advice Line:**

**1-800-249-3619 (TTY/TDD 711)**

24-hours a day, 7 days a week

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**DIABETES PROGRAM:** L.A. Care offers a free program for members with diabetes called *L.A. Cares About Diabetes*®.




With this program you get:


- ▶ Diabetes health materials
- ▶ Diabetes classes for you and your family
- ▶ Nurses who:
  - ▶ Coach you on managing diabetes
  - ▶ Review your diabetes medicines
  - ▶ Guide you on healthy eating
  - ▶ Provide tips for talking with your doctor about diabetes

*L.A. Cares About Diabetes*® also helps your doctor make the best care plan for you. The program makes sure your doctor has the most current guidelines for diabetes care and health materials.



L.A. Cares About **Diabetes**®

	GOALS	DATE:	DATE:	DATE:	DATE:	DATE:
 <b>HbA1c</b> (Every three Months)	< 7% Individualized every three months					
 <b>URINE</b> (Two Times a Year)	No signs of protein in urine					
<b>CHOLESTEROL</b> (Two Times a Year)						
 TOTAL CHOLESTEROL	<200 mg/dL					
TRIGLYCERIDES	<150 mg/dL					
LDL	<100 mg/dL					
HDL	>30 mg/dL					

	GOALS	DATE:	DATE:	DATE:	DATE:	DATE:
 <b>DENTAL</b> (Once a Year)	No cavities or infection					
 <b>EYES</b> Dilated (Once a Year)	No signs of eye damage or change in vision					
 <b>FEET</b> (Each Visit)	No sores, cuts or bruises					
 <b>BLOOD PRESSURE</b> (Each Visit)	<130/80 mmHg					
 <b>WEIGHT</b> (Each Visit)	Talk with your doctor					