

LIVING WELL WITH DIABETES

We want to help you and other members of the Seton Health Plan enjoy good health. 18.2 million people in the United States - 6.3% of the population – that have diabetes. If you do have diabetes, keep reading. **We want to work with you and your doctor to help better manage your disease. YOU CAN LIVE WELL WITH DIABETES.**

Here's how we can help:

- **Free diabetes education** – Seton Diabetes Education Center offers a fun, hands-on learning covering lots of diabetes basics. Your deductible and copay will be waived.
- **Participate in our special six-months Diabetes Team Program** - Participation is voluntary and your individual test results and consults will be kept confidential. Sign up and you'll get all of the services above and lots more:
 - ❖ **Free A1C blood tests** – You will receive a free A1C test which tells what your blood glucose has been over the past 3-4 months at the beginning of the program and then you will receive another A1C test at the end of 6 months to help check your progress. No deductible no matter what SETON Health Plan you have.
 - ❖ **Two personal nutrition consults with no co-pay or deductible**
 - ❖ **Support from our Diabetes Education Center staff** - They will check with you at least monthly to see how you're doing and let you know about the latest in our services.
- **Free Diabetes Passport** – A handy pocket guide that covers when to have your tests done, tracks your medications and diabetes education and lets you set your personal goals. Share this with your doctors and at all healthcare-related visits.

Please complete the Living Well with Diabetes Form and fax to Becky Goldsmith at 324-1396 or email to bgoldsmith@seton.org. We'll be in touch about services that will fit your needs.

Seton Health Plan – Living Well With Diabetes

- YES, I DO WANT TO LIVE WELL WITH MY DIABETES.

- DIABETES EDUCATION BASICS** -Seton Diabetes Education Center offers a fun, hands-on learning covering lots of diabetes basics. A variety of sessions will fit your schedule. *If you haven't had before or if you doctor thinks you need a refresher course*

- TEAM DIABETES PROGRAM** - (Free HgbA1c test, Support from the Diabetes Education Team, Nutrition Consults and more)

List any other topics you wish to learn more about or questions you may have:

Name: _____

Daytime Phone # _____

Evening Phone # _____

SETON Associate Dependent Work Site _____

At the Seton Health Plan, we are concerned about your health and that of your family. If you have questions or want to learn more, please call Becky Goldsmith, (512) 324-1891 or bgoldsmith@seton.org or Tammy Killebrew, (512) 324-3035 or tkillebrew@seton.org