



## Diabetes Management Program

Take control of your diabetes and live a healthier life with our Diabetes Management Program! Whether you're just learning about diabetes or have been managing it for a while, Imperial Health Plan of California, Inc. (HMO) (HMO SNP) is here to give you the tools and support you need to stay healthy.

### Did You Know?

- Diabetes can lead to heart disease and stroke.
- If not managed well, diabetes can cause problems like kidney disease, nerve damage, and trouble with your vision.
- Managing diabetes well can lower your risk of serious health issues and help you feel better.

### Why Join the Diabetes Management Program?

- Keep your blood sugar levels in a healthy range to avoid complications.
- Reduce your chances of having serious problems with your heart or kidneys.
- Feel more energetic and enjoy a better quality of life.

### How Do I Become Eligible?

You may qualify if:

- Your A1C level, which reflects your average blood sugar over 2–3 months, is above 9 and you're taking at least three medications to manage diabetes, including insulin.

*AND/OR*

- You've had at least one ER or hospital stay for diabetes in the past year.
- You may also have another health condition like high blood pressure or high cholesterol.

### How to Use the Diabetes Management Program and What's Included

You'll get coaching and education to help manage your diabetes better. The program focuses on:

- Lowering your A1C level.
- Preventing or reducing hospital and ER visits.
- Using your medications correctly and improving adherence.
- Improving your overall quality of life.
- Sharing nutrition and lifestyle tips to keep you healthy.



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- Providing Continuous Glucose Monitoring (CGM) for those who qualify.

### Ready to Join?

To opt-in to the program, call us at **(626) 788-0178** Monday–Friday, 8:30am to 5pm and ask to speak to a Pharmacy Technician, from the Population Health and Pharmacy Services Team.

### Additional Resources

- **American Diabetes Association:** Learn about meal planning, fitness tips, and medications. Visit [diabetes.org](https://diabetes.org).
- **Centers for Disease Control and Prevention (CDC):** Find reliable info about diabetes care. Visit [cdc.gov/diabetes](https://cdc.gov/diabetes).

Let's work together to help you take control of your diabetes and live your best life!

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