



Free Diabetes Care Coordination Program

Suffolk Health Plan (SHP) would like to invite you to participate in our free Diabetes Care Coordination Program. Our Care Coordinators can help you get the services that you need to manage your diabetes. If you have been diagnosed or treated for diabetes, please call us and we will be happy to explain the program to you. All information is kept confidential.

As part of the program, an SHP Care Coordinator will:

- Answer questions you may have about diabetes
- Help you schedule visits to your doctor
- Let you know what questions you should ask your doctor
- Help you get your medications
- Help you find the right diabetes self-management training

If you have difficulty managing your diabetes, need assistance with an insulin pump or have other medical conditions such as high blood pressure or a heart condition you can get:

- **Up to ten (10) hours of diabetes self-management training for up to six months.**

If you can manage your diabetes and do not have other medical conditions, but need help with an insulin pump you can get:

- **Up to one (1) hour of diabetes self-management training for up to six months.**

Diabetes self-management training is provided in individual or group sessions. If you are interested in attending a training session, please call us and we will find a diabetes self-management training near you.

Important Reminders:

- **Test your blood sugar as often as your doctor tells you to**
- **Ask your doctor to do a blood test for diabetes control (HbA1c) at least once a year**
- **Visit your doctor on a regular basis**
- **Have a foot exam at least once a year**
- **Have an eye exam once a year**
- **Have your cholesterol checked at least once a year**
- **Have a urine test to make sure your kidneys have not been affected by diabetes**

To speak with a Care Coordinator, call our toll free number at 1-800-250-5007, Monday through Friday, between 9 a.m. and 5 p.m. If you have a hearing or speech impairment, please call us at TTY/TDD 1-800-662-1220. If you are asked to leave a message, please include your name, a telephone number where you can be reached, and the best time to return your call.