

Living with diabetes

If you're living with diabetes, you're not alone. Clear Health Alliance wants you to know you can take control. We know you want to have more energy, lower your risk of complications and improve your quality of life. Whatever your goals, make small changes to help achieve them.

Diabetes is a disease. It occurs when the body develops high blood glucose because it does not make or use insulin properly. Insulin is a hormone that changes glucose into energy needed for daily life. Blood glucose is another term for blood sugar.

Things to know:

- Insulin changes sugar into energy
- Blood glucose = blood sugar

There are several types of diabetes. Studies show family history and ways of life contribute. The exact cause of diabetes is unknown. However, diabetes can occur in people of all ages and races. There is more than one type of diabetes. Diabetes can affect your body from head to toe. That is why it is so important to learn how to manage your diabetes.

We have a care management program. If you have diabetes, a case manager can work with you by phone. They will help you set goals and create a care plan. You will learn to take small steps toward better health. Get past the things that may be getting in your way. Your case manager can help you:

- Set up a doctor appointment
- Identify health goals and create a care plan
- Obtain and use a glucometer
- Find information about diabetes education programs in your area
- Arrange for transportation or other special needs
- Learn about diabetes

Sources:

*American Diabetes Association
diabetes.org

*Diabetes Health
diabeteshealth.com

Clear Health Alliance follows Federal civil rights laws. We don't discriminate against people because of their:

- Race
- National origin
- Disability
- Color
- Age
- Sex or gender identity

Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-406-2398 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-406-2398 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 1-844-406-2398 (TTY 711) pou w jwenn sa gratis nan lòt lang oswa nan lòt fòm.

Vous avez besoin d'aide pour vos soins de santé, pour communiquer avec nous ou pour lire les documents que nous vous envoyons? Appelez-nous à notre numéro gratuit 1-844-406-2398 (TTY 711) afin d'obtenir ceci gratuitement dans d'autres langues ou formats.

Ha bisogno di supporto con l'assistenza sanitaria, per parlare con noi oppure leggere ciò che le abbiamo inviato? Ci contatti al numero gratuito 1-844-406-2398 (TTY 711) per ottenere supporto senza costi aggiuntivi in altre lingue o formati.

Вам нужна помощь с медицинским обслуживанием, консультацией или материалами, которые мы вам прислали? Позвоните нам по бесплатному номеру 1-844-406-2398 (TTY 711) чтобы получить эти материалы на другом языке или в другом формате.