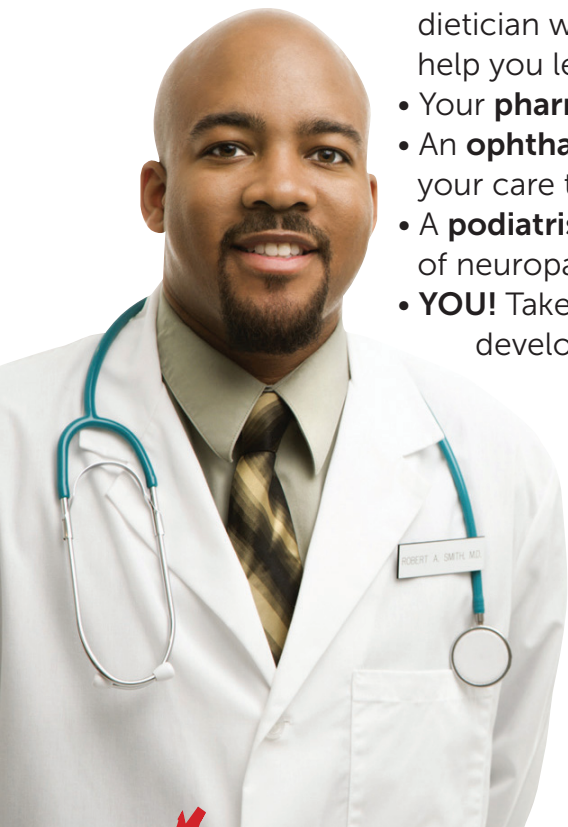


YOUR DIABETIC CARE TEAM

While your Primary Care Provider (PCP) should be involved in your diabetic care, there are other healthcare providers that can work with your PCP to help you best manage your diabetes.

- An **endocrinologist** is a specialist that works with gland diseases like diabetes
- A **registered dietician** can help you create a diabetic meal plan
 - A **Certified Diabetes Educator** (CDE) is often a registered nurse or registered dietician with a specialty in diabetes. These health care professionals can help you learn more about diabetes as well as ways to manage your diabetes
 - Your **pharmacist** can help you learn more about your medications
 - An **ophthalmologist**, or eye specialist, is extremely important to have on your care team since having diabetes puts you at risk for blindness
 - A **podiatrist**, or foot doctor, is useful in checking your feet for sores or signs of neuropathy and can help determine if you require diabetic shoes
 - **YOU!** Take the time to learn about diabetes and work with your care team to develop small steps that can help you self-manage your conditions



MeridianComplete (Medicare-Medicaid Plan) wants to make sure you receive the best care possible when it comes to your health by providing you with information on managing your diabetes as well as other health topics. Let us know how we can help.



Your Diabetes Checklist



Follow your diabetes meal plan. Reach and stay at your goal weight



Get regular exercise, start with 30 minutes per day



Check your A1C levels (*your blood sugar control over time*) at least twice a year



Complete an annual diabetic eye exam



Check your feet every day for cuts or sores. Have your PCP check your feet at every visit



If you smoke, think about quitting. Ask your provider about taking steps towards quitting for good



Take your diabetes medications as your doctor prescribes

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-902-6784** (TTY: **711**).