

# Diabetes Awareness

## *Molina Dual Options Medicare-Medicaid Plan Healthy Living with Diabetes®*

### Health Management Programs

Molina Dual Options Medicare-Medicaid Plan offers Health Management Programs to Members with a chronic health condition. You are enrolled in Molina Dual Options' **Healthy Living with Diabetes®** program. This program is for Members who have diabetes.

This program offers learning materials, advice and care tips. A nurse care manager may contact you. The nurse will work with you and your provider to help you stay well. It is your choice to be in this program. If you do not want to be a part of a program, please let us know. Call us toll-free at (866) 891-2320 TTY/TDD: 711, 4 a.m. to 8 p.m. PST, Monday through Friday.

### Manage Your Diabetes

Type 2 Diabetes occurs when your body resists the effects of insulin. Over time, your pancreas cannot make enough insulin to maintain a normal blood glucose level.

You can manage your diabetes. Take your medicine as directed by your provider. Monitor your blood glucose levels at home. Write down your results. See your provider often to manage your diabetes. Your provider will do blood tests, eye, foot and dental exams, and offer an annual flu shot.

### Medicine Refills

Talk to your provider to learn what options you have to refill your medicine. Your medicine is important to help you manage your diabetes.

### Health Education

As a Molina Dual Options' Member, you have access to health education on our website. Visit: <http://tinyurl.com/MolinaHealthEd>

All newsletters are also available at [www.MolinaHealthcare.com/Duals](http://www.MolinaHealthcare.com/Duals).

Molina Dual Options Medicare-Medicaid Plan is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

You can get this information for free in other formats, such as large print, braille, or audio. Call (877) 901-8181, TTY/TDD: 711, Monday – Friday, 8 a.m. to 8 p.m., local time. The call is free.

Limitations, copays, and restrictions may apply. For more information, call Molina Dual Options Member Services or read the Molina Dual Options Member Handbook. Benefits, and/or copayments may change on January 1 of each year. The List of Covered Drugs and/or pharmacy and provider networks may change throughout the year. We will send you a notice before we make a change that affects you.

[MolinaHealthcare.com/Duals](http://MolinaHealthcare.com/Duals)



**MHI Medicare Operations**  
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Long Beach, CA 90802

**Health and wellness or prevention information**



## Questions about Your Health?

*Call Our 24-Hour  
Nurse Advice Line!*

English: (888) 275-8750  
Spanish: (866) 648-3537

Your health is our priority!

TTY/TDD users should call 711.

**MolinaHealthcare.com/Duals**

