

# Diabetes Awareness

*Molina Healthy Living with Diabetes®*

## Health Management Programs

Molina Healthcare offers Health Management Programs to Members with a chronic health condition. You are enrolled in Molina's **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: 711.

## 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 Member, you have access to health education on our website. Visit: <http://tinyurl.com/MolinaHealthEd>

The newsletter is on our website at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com). Find the newsletter under "Member Resources."

To get this information in other languages and accessible formats, please call Member Services at (800) 869-7165 (TTY/TDD: 711). Si necesita esta información en otros idiomas o en un formato accesible, por favor comuníquese con el Departamento de Servicios para Miembros al (800) 869-7165 (TTY/TDD: 711). Để nhận thông tin này bằng các ngôn ngữ khác và các định dạng cho người khuyết tật, xin vui lòng gọi Dịch vụ Thành viên theo số (800) 869-7165 (TTY/TDD: 711). Чтобы получить эту информацию на других языках и в других доступных форматах, обратитесь в Службу поддержки участников по тел. (800) 869-7165 (TTY/TDD: 711).

**MolinaHealthcare.com**



**QI Department**

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## Questions about Your Health?

*Call Our 24-Hour  
Nurse Advice Line!*

English and other languages:  
(888) 275-8750

Spanish: (866) 648-3537

TTY users should dial 711.

Your health is our priority!

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



Your Extended Family.