



# In Control with Health Plan of Michigan



WINTER 2006/2007

## KEY POINTS

Remember to have these routine tests to keep yourself healthy:

**HbA1c blood test**  
at least 2 times a year

**LDL blood test**  
(Lipid profile test) The goal for most people is less than 100

**Microalbuminuria**  
Urine test to check that your kidneys are working the right way.

**Dilated retinal eye exam** (Once a year)

**Foot exam** (at least 2 times a year)

For more information on diabetes call 1-888-437-0606 and ask for Disease Management or visit our website at [www.hpmich.com](http://www.hpmich.com)

Any HPM member who has been diagnosed with Diabetes is automatically enrolled in our Diabetes Disease Management Program. If you do not wish to receive our newsletters and educational materials, please call 1-888-437-0606, ext. 1345.

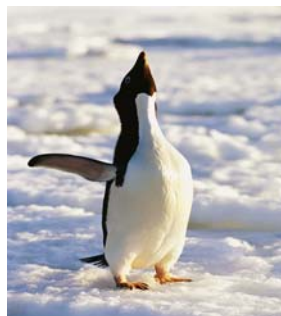
## Diabetes Disease Management Program

Health Plan of Michigan is committed to offering our members the best services and care. As a result, we have expanded our Diabetes Disease Management Program.

**What does this mean to you as a member with HPM who also has diabetes?**

**The benefits of this program for diabetic members are :**

1. It can decrease the risks that come with diabetes.
2. Improvement in your health.
3. Members will learn to better manage their diabetes.
4. Cutting down on trips to the emergency room and hospital stays.



**Our Diabetes Disease Management Program helps members by:**

- Teaching members what information is important to ask their doctor.
- Getting members into local diabetic education classes.
- Teaching members about diabetes and making healthy life choices.
- Reminding members of needed tests, labs, and vaccinations by the phone and mail.
- Providing diabetic testing supplies that are ordered by your doctor.
- Keeping members up to date on the latest information with our Diabetes newsletter "In Control".
- Helping members to self-manage and control their diabetes.

**Contact Great Lakes Medical Supply at 1-800-774-0788 to have your diabetic testing supplies delivered every month to your door for FREE!**

