



IMPERIAL INSURANCE COMPANIES



IMPERIAL HEALTH PLAN
OF THE SOUTHWEST

Diabetes Management Program

Take control of your diabetes and live a healthier life with our Diabetes Management Program! Whether you're just learning about diabetes or have been managing it for a while, we're here to give you the tools and support you need to stay healthy.

Did You Know?

- Diabetes can lead to heart disease and stroke.
- If not managed well, diabetes can cause problems like kidney disease, nerve damage, and trouble with your vision.
- Managing diabetes well can lower your risk of serious health issues and help you feel better.

Why Join the Diabetes Management Program?

- Keep your blood sugar levels in a healthy range to avoid complications.
- Reduce your chances of having serious problems with your heart or kidneys.
- Feel more energetic and enjoy a better quality of life.

How Do I Become Eligible?

You may qualify if:

- Your A1C level, which reflects your average blood sugar over 2–3 months, is above 9 and you're taking at least three medications to manage diabetes, including insulin.

AND/OR

- You've had at least one ER or hospital stay for diabetes in the past year.
- You may also have another health condition like high blood pressure or high cholesterol.

How to Use the Program and What's Included

You'll get coaching and education to help manage your diabetes better. The program focuses on:



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- Lowering your A1C level.
- Preventing or reducing hospital and ER visits.
- Using your medications correctly and improving adherence.
- Improving your overall quality of life.
- Sharing nutrition and lifestyle tips to keep you healthy.
- Providing Continuous Glucose Monitoring (CGM) for those who qualify.



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Ready to Join?

To opt-in to the program, call us at **(626) 788-0178** Monday–Friday, 8:30am to 5pm and ask to speak to a Pharmacy Technician, from the Population Health and Pharmacy Services Team.

Additional Resources

- **American Diabetes Association:** Learn about meal planning, fitness tips, and medications. Visit diabetes.org.
- **Centers for Disease Control and Prevention (CDC):** Find reliable info about diabetes care. Visit cdc.gov/diabetes.

Let's work together to help you take control of your diabetes and live your best life!