

Keeping UP with Diabetes

Diabetes management is a life-long process. Knowing how to best care for yourself can help you avoid problems. Taking care of yourself means you can live a more active and healthy life.

UPHP has a program to help people control their diabetes. The program works with you and your doctor to:

- ◆ Provide educational materials
- ◆ Promote self management
- ◆ Promote diabetes testing to prevent problems
- ◆ Provide information about covered diabetes services and supplies

This program and the educational materials are free for our members with diabetes.

...choice and quality from a local home-grown health care network...



Upper Peninsula Health Plan
228 West Washington Street
Marquette, MI 49855

Web Site:
www.uphp.com

Phone:
1-800-835-2556
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Diabetes Brochure
MDCH Approved: October 2003

Keeping



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Marquette, MI 49855**

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KNOW THAT YOU ARE DOING ALL YOU CAN TO TAKE GOOD CARE OF YOURSELF BY KEEPING UP WITH YOUR DIABETES !

Program benefits :

- ◆ Free educational materials are mailed throughout the year on the care of your diabetes
- ◆ Free diabetes care reminders, such as annual dilated eye exam, HbA1c testing, and cholesterol testing
- ◆ Free access to a contact person to help you with questions about services and supplies related to diabetes, such as diabetes education classes, self-management and information related to diabetes



The program encourages:

- ◆ An annual dilated eye exam by an eye care doctor
- ◆ HbA1c testing at least twice a year with identified goals
- ◆ Annual LDL cholesterol testing at least once a year with identified goals
- ◆ Annual urine testing for microalbuminuria
- ◆ Routine foot exams
- ◆ Healthy eating and activity habits

The main goals of the program are to:

- ◆ Help you understand diabetes
- ◆ Learn self-management skills
- ◆ Keep your blood sugar in control

Eligibility and Enrollment:

- ◆ All Upper Peninsula Health Plan (UPHP) members are eligible for the “Keeping UP with Diabetes” program.
- ◆ Members are identified based on diabetic services and drugs obtained and automatically entered into the program .
- ◆ If you choose not to be part of the program, call UPHP and we will remove your name from the list.

Please call if you:

- ◆ Have any questions
- ◆ Want more information about the program
- ◆ Want to make sure that you are enrolled in the program



**UPHP Customer Service
1-800-835-2556**