



# Diabetes Resources and Support

As a CDPHP® member, you have access to high-quality tools and resources that can help you manage diabetes.

## Blood Glucose Monitoring Supplies

Checking your blood sugar levels is an important part of taking care of diabetes. We've partnered with Ascensia to offer easy-to-use blood glucose meters and test strips that will help keep your health on track.

Visit [contournextfreemeter.com](http://contournextfreemeter.com) or call 1-800-401-8440 to get a free CONTOUR® NEXT meter and a supply of blood glucose test strips.

- ▶ Use ID code BDC-CDP
- ▶ Select from one of two options: CONTOUR® NEXT EZ Meter or the CONTOUR® NEXT One Meter (Bluetooth® enabled).



## Need Blood Glucose Test Strips?

CONTOUR® NEXT blood glucose test strips are covered on all plans!

- ▶ Be sure to order test strips and other diabetes supplies through your in-network pharmacy.
- ▶ CDPHP will allow an increase in the number of test strips you can get at the pharmacy if you are prescribed insulin and need to test your blood sugar more frequently.

## Support is Just a Phone Call Away

Do you have questions or concerns about your health? The CDPHP Care Team has answers. Our team of pharmacists, nurses, and registered dietitians can provide information and one-on-one support to help you live your healthiest life.

Call the CDPHP Care Team to discuss:

- ▶ Medications
- ▶ Exercise
- ▶ Nutrition
- ▶ Medical visits and tests
- ▶ CDPHP benefits
- ▶ And more!

Reach the CDPHP Care Team by calling [1-888-94-CDPHP \(23747\)](tel:1-888-94-CDPHP).

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# Important Health Exams

If you've been diagnosed with diabetes, be sure to take the following tests.

## BLOOD PRESSURE

High blood pressure won't go away without treatments. This can include lifestyle changes and, if your doctor prescribes it, medicine.

Test every three months

## A1C TESTS

The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past two to three months.

Test every three months

## CHOLESTEROL TESTS

It's a good idea to have your cholesterol checked every year, or more often if there's a problem.

Test every twelve months

## URINE TESTS

To check for kidney problems, your health care provider can perform a urine test that measures the amount of protein in your urine.

Test every twelve months

## EYE EXAMS

You should have an annual dilated eye exam, no matter how short a time you have had diabetes. More frequent exams may be needed if you have eye disease. This is a medical test, and is in addition to your vision benefit.

Test every twelve months

For more information on diabetes resources from CDPHP, visit [www.cdphp.com/diabetes](http://www.cdphp.com/diabetes).

*Please refer to your member contract for coverage details on recommended services.*

### Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

### Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。



**A plan for life.**