

Diabetes Care

Questions to ask your health care provider:

- ◆ Is my A1C level ok?
- ◆ Is my cholesterol level ok?
- ◆ Is my blood pressure ok?
- ◆ Do I need a yearly urine test to check my kidney function?
- ◆ Do I need a yearly dilated eye exam?
- ◆ Should I take a daily aspirin?
- ◆ Do my feet show signs of problems related to diabetes?

Tips:

- ◆ Get a yearly flu vaccine and ask if you need a pneumonia and hepatitis B vaccine
- ◆ If you smoke, quit. Call 800-QUIT-NOW for telephone counseling
- ◆ Call our diabetes nurse at 866-750-2068 (TTY service: 711), Mon-Fri from 8 a.m. to 5 p.m.

Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in StrideSM (HMO) depends on contract renewal.



Harvard Pilgrim
HealthCare

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