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 I need a statin to prevent heart attack or stroke?
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 nurses 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.