

Preventing Diabetes Complications

Diabetes can affect many parts of the body and can lead to serious complications such as heart disease, blindness, kidney damage, and lower-limb amputations. Working with your health care providers and CARE team members, you can reduce the occurrence of these and other diabetes complications by controlling your blood glucose, blood pressure, and blood lipids, and by taking care of your overall health.

Glucose control

In general, every percentage point drop in A1C blood test results (e.g., from 8.0% to 7.0%) reduces the risk of microvascular complications (eye, kidney, and nerve diseases) by 40%.

Blood pressure control

In general, for every 10 mm Hg reduction in systolic blood pressure, the risk for any complication related to diabetes is reduced by 12%.

Control of blood lipids

Improved control of cholesterol or blood lipids (for example, HDL, LDL, and triglycerides) can reduce cardiovascular complications by 20% to 50%.

Preventative care practices for eyes, kidneys, and feet

Detecting and treating diabetic eye disease with laser therapy can reduce the development of severe vision loss by an estimated 50% to 60%. Comprehensive foot care programs can reduce amputation rates by 45% to 85%. Detecting and treating early diabetic kidney disease by lowering blood pressure can reduce the decline in kidney function by 30% to 70%.

Source: American Diabetes Association

Contacts

Resource	Telephone/Website
<ul style="list-style-type: none"> Aetna Member Conceirge 	866-253-0599
PCS Wellness Program Website	http://www.pcsb.org/diabetes-care-program
Free Glucometer	Accucheck 888-355-4242
	One Touch 800-451-0303
Aetna's Patient Advocate and Diabetes CARE Coordinator Gina DeOrsey, RN	727-588-6137
Aetna's Claims Advisor Janet Lang	72-588-6367

Pursuant to HIPAA regulations, your health information is kept strictly confidential by your health insurance carrier. You were selected for eligibility for this program through Aetna's database. Your employer receives no information from the carrier about your health condition. — January 2019

DIABETES CARE PROGRAM

We CARE

At Pinellas County Schools, we care about you. That's why you're starting to see more about our Be Smart Wellness initiative. PCS will be implementing targeted CARE programs that help raise your awareness and knowledge of certain health conditions and give you the tools and resources to manage them.

If you have been diagnosed with diabetes, please consider joining the Diabetes CARE program. Read this brochure to learn about the many benefits from this free health management program.



CARE to take control of your life



When you enroll in the Diabetes CARE Program, you get the opportunity to take control of your diabetes, instead of letting your diabetes control you.

Medical research and breakthroughs have made it possible for most diabetics to live with the condition by modifying their lifestyle. These modifications typically mean a change in diet, taking prescribed medications, and being more mindful of eye and foot health. When you join the CARE program, you will receive a toolkit that gives you all the information you need to get started. Best of all, you gain a partner in managing your diabetes.

- **Commit to a healthier lifestyle.** Set a personal goal for yourself, such as making a commitment to improve your diet, begin to or increase exercise, take your medications properly, quit smoking, monitor your blood sugar, or check the health of your feet daily.
- **Attend an approved diabetes education program.** Attend an 8-hour educational program the first year and a 2-hour refresher course each year thereafter.
- **Receive recommended annual screenings,** including A1C, blood pressure, foot exam, retinal (dilated) exam, cholesterol and lipid profile, and urine test for kidney disease.
- **Enroll** in Aetna's Disease Management Program or Personal Health Coach Program

Benefits of Participation

When you consider all the supplies diabetics need - lancets, blood glucose test strips, needles and syringes - your co-pays can add up fast. That makes your participation very valuable. Here is an over view of your CARE participation benefits.

- **No co-pays for diabetic supplies that are covered under your pharmacy benefits and prescribed by a doctor**
- **Coupons for free diabetes education courses at select facilities**
- **Aetna's Disease Management Program**
- **Collaboration with your onsite patient advocate.**

The best benefits of participation, however, is managing and controlling your diabetes and improving your health for life.

For Additional information and resources go to <http://www.pcsb.org/diabetes-care-program>

<http://www.pinellas.k12.fl.us/HR/Risk/>



Diabetes Fact Sheet

If you have been diagnosed with diabetes, you are among more than 20 million Americans who have the disease.

Diabetes is associated with an increased risk for a number of serious, sometimes life-threatening complications, including:

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease
- Amputations
- Dental disease
- Complications of pregnancy
- Sexual dysfunction

People with diabetes are more susceptible to many other illnesses and, once they get these illnesses, often have worse prognoses. For example, they are more likely to die if they get pneumonia or influenza than people who do not have diabetes.

Source: American Diabetes Association