



DIABETES ADVANTAGE[®]



HEALTH MANAGEMENT PROGRAM



MEDICAL
MUTUAL
OF OHIO[®]



DIABETES ADVANTAGE

A PROGRAM TAILORED TO YOU

Medical Mutual® can help you help yourself. We are pleased to offer Diabetes Advantage, a *SuperWell Health Management Program*. Diabetes Advantage is an educational program designed for adults and children who have been diagnosed with diabetes.

The program offers a unique approach – it provides flexible education and personalized attention that is focused on your individual needs in managing your diabetes. You receive valuable support from a trained healthcare coach who will help you understand and manage your condition and your daily living.

You also have the special benefit of receiving testing supplies at no out-of-pocket cost, for as long as you are part of the program.

It is to your advantage to enroll in Diabetes Advantage.

HOW DOES THE PROGRAM WORK?

Diabetes cannot be cured, but you can learn to manage this disease so that you are able to lead a normal life and enjoy your regular activities. Serious medical complications result from uncontrolled diabetes. To help you keep your diabetes under control you will receive:

- **Education and guidance provided by a professionally trained “Health Coach.”**
- **Access to a 24-hour-a-day telephone support line to answer your questions and concerns.**
- **Printed educational materials about important aspects of diabetes care.**

Most education and guidance is accomplished during telephone consultations with your Health Coach. This counseling is required to participate in the program. The calls are focused on your needs and scheduled at your convenience as often as necessary, depending on the severity of your disease.

MEMBER CONFIDENTIALITY

Medical Mutual holds its employees, consultants and business associates to strict policies and procedures that safeguard members' personal and health information. According to written policy, personal and health information concerning our members is treated as confidential in accordance with applicable laws and regulations, including the Health Insurance Portability and Accountability Act of 1996 (HIPAA).



THE IMPORTANCE OF YOUR HEALTH COACH

Your Health Coach will coordinate your care throughout the program and:

- Work closely with your doctor and other members of your healthcare team.
- Work with you to create your customized care plan.
- Teach you how to prevent serious medical complications that could result from diabetes.
- Help you understand your medication and take it correctly.
- Help you complete and understand home blood-sugar testing.
- Help you plan wise, nutritious meals and beneficial physical activity.
- Remind you to see your doctor for important tests and examinations.
- Help you get the most out of your doctor visits.

Your Health Coach can only teach and guide you. By learning all you can about diabetes and following the recommendations of your treatment plan, you can live a productive and satisfying life.



ENROLL NOW

There are several ways to enroll in the Diabetes Advantage program:

Visit our Web site at MedMutual.com:

- Sign in to *My Health Plan*.
- Click on *SuperWell Health Management Programs*.
- Select *Diabetes Advantage*, complete and submit the form.

Mail

Complete the attached form and mail to:

Medical Mutual
Mail Zone: 01-5B-3993
2060 East Ninth Street
Cleveland, OH 44115-1355

Fax

Complete the attached form and fax to Medical Mutual at 800/554-6626.

Phone

Call 800/861-4826 to enroll or ask questions about Diabetes Advantage.



DIABETES ADVANTAGE

You must be a Medical Mutual member to be eligible to participate in this program.

Member Information (Please Print)

Name

Address

Date of birth

Home phone

Work phone

E-mail address

Information from Insurance Card

Identification number

Group number

Insurance plan

Physician Information

Name

Address

Phone number

Date

Take a step toward good health.



PROGRAM HIGHLIGHTS

- If you are an eligible Medical Mutual member, there is no out-of-pocket cost for you to participate in Diabetes Advantage.
- Program participation is voluntary.
- Your doctor will continue to direct your care.
- If you participate, you can receive diabetes testing supplies (glucometer, test strips, lancets, etc.) at no out-of-pocket cost.
- Most program participants enjoy:
 - Better overall health and well-being.
 - More energy for enjoyable activities.
 - Fewer missed work/school days.
- As long as you are an eligible Medical Mutual member, you can enjoy the benefits of Diabetes Advantage indefinitely.

Medical Mutual of Ohio
2060 East Ninth Street
Cleveland, OH 44115-1355

Visit MedMutual.com.

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