

Better health is within reach with UMR Disease Management

UMR's disease management team is made up of registered nurses who can motivate and guide you in making informed decisions to control your diabetes. Our nurse coaches are available at times that are convenient to you. They can help you set goals for your health and discuss strategies for success. Our coaches have helped members like you adjust their diet and lose weight to better manage their diabetes and reduce the need for medications. Most importantly, our coaches can arm you with the confidence to take charge of your health and welcome the rewards that follow.

UMR Disease Management nurse coaches help people like you achieve real results and lasting success. Please call 866-575-2540 to enroll.

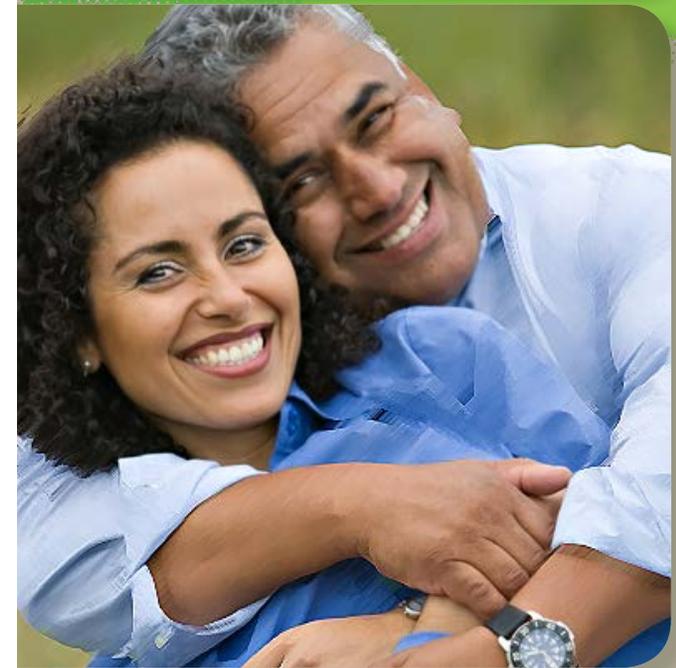


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The U of A Diabetes Management Program



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The U of A Diabetes Management Program is for you.

Diabetes affects more than 25 million Americans, according to the U.S. Centers of Disease Control and Prevention. It is a major cause of heart disease and stroke and the leading cause of kidney failure, non-traumatic lower-limb amputations and new cases of blindness among adults.

If you or a family member is living with diabetes, the U of A Diabetes Management Program can help you better manage your condition and reduce your out-of-pocket health care costs.

The U of A System has teamed up with UMR Disease Management to provide this comprehensive, personal approach to the treatment of diabetes.

When you are able to manage your symptoms, you can:

- Feel better and do more
- Reduce or eliminate the need for medications
- Lower your long-term health risks
- Avoid flare-ups that lead to emergency room visits

How the program works

The U of A Diabetes Management Program is available at no charge to eligible U of A members. This program offers the support needed to help you reach your optimal health care goals and adhere to the treatment plan established by your physician.

Members enrolled in the U of A Diabetes Management Program will receive periodic calls from a UMR Disease Management registered nurse health coach to discuss:

- Signs and symptoms of diabetes
- Medications and medication adherence
- Importance of a healthy diet
- Doctor appointments
- Prevention of hospital admissions
- How to monitor and record your glucose levels

Take advantage of this opportunity to speak with a health coach as a first step on your road to better health.

*If you are identified as high-risk, you may be invited to work with a health coach to help you bring your diabetes under control. You can also self-enroll by calling UMR Disease Management at **866-575-2540**.*



Participating members will receive copayment waivers on generic medications and select insulins prescribed to treat diabetes. To learn more, call MedImpact customer service at 800-788-2949. Active participants also are eligible to receive free glucometers, insulin pumps and testing supplies. To learn more, call Abbott Diabetes Care at 866-224-8892 or Bayer HealthCare at 877-229-3777.

It takes more than medication to manage your diabetes. By using all the resources available, you can take control of your condition and improve your overall health and well-being.

Call UMR Disease Management at **866-575-2540** to enroll in the U of A Diabetes Management Program today.