

## PEIA Face 2 Face Diabetes Care Management Program

PEIA's Face 2 Face Diabetes Care Management is available to Preferred Provider Benefit or Medicare primary plan members who have been diagnosed with diabetes including gestational diabetes.

**Members benefit from participating in this program by improving their health and quality of life. They also save money, since co-payments are waived for some prescription drugs, lab tests and/or supplies. Mail order purchases are excluded. (Participants are responsible for their deductibles.)**

In order to participate, you must have a primary care physician and you must attend scheduled appointments with a participating Face to Face provider for counseling and other health education services.



## For PEIA Members with Diabetes in West Virginia



This program offers health education, regular visits with a provider certified in diabetes self-management and waived co-pays on diabetes related drugs and some lab tests.

If you are interested, keep reading, write down any questions, and give PEIA's Face to Face Program a call at 1-888-680-7342.

## WHAT IS DIABETES?

Diabetes is a disease in which the body does not produce enough insulin (Type I) or does not properly use insulin (Type II). Although Type I often occurs in childhood, Type II is now seen among many children as well as adults.

In some cases, Type II can actually be reversed through changes in diet, stress management and physical activity.

In all cases, people can live healthy and productive lives with diabetes if they have regular check-ups, exercise, eat healthfully and take their medicines as directed.

PEIA would like to partner with you to help you learn about diabetes and the steps you can take to help control the disease.

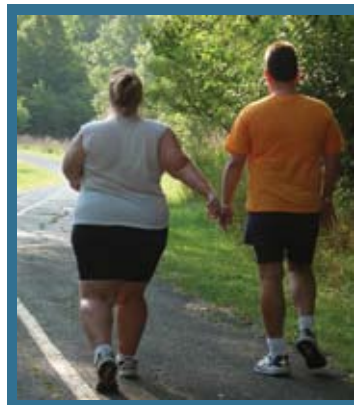
### Call Toll Free:

**1-888-680-7342 for more information.**



## DID YOU KNOW?

- Diabetes can increase your risk for glaucoma
- People with diabetes are more likely to have problems with their feet
- Managing your blood sugar can help reduce your risk of kidney disease, nerve damage, and damage to your teeth and gums
- Blood sugar changes can also cause stress
- Depression occurs more often in people with diabetes than in people who don't have diabetes
- Some complications of diabetes include: heart disease and strokes; high blood pressure; kidney disease; nervous system disease; amputations; dental disease, and complications during pregnancy



## WHAT ARE THE SYMPTOMS?

- Tired all the time
- Always thirsty
- Need to urinate often
- Blurry vision
- Always hungry
- Sudden weight loss
- Wounds that won't heal
- Numb or tingling hands or feet

