

## **INTRODUCTION TO THE DIABETES DISEASE MANAGEMENT PROGRAM**

The Board of Trustees of your Health & Welfare Plan entered into an agreement with *RJLee & Associates, LLP*, to provide plan participants Disease Management and Wellness Programs. These programs assist the Welfare Plan in accomplishing its goal of finding innovative new ways to help you and your family stay healthy.

The Welfare Plan has targeted Diabetes as the first Disease Management Program. An estimated 17 million people (6.2 percent of the population) in the United States have diabetes mellitus – a serious, lifelong condition. About 5.9 million people have not yet been diagnosed. The long-term health problems associated with diabetes are serious. The goal of diabetes management is to keep blood glucose levels as close to the normal range as safely possible to reduce the risk of developing major complications of diabetes.

People with diabetes must take responsibility for their day-to-day care. Much of the daily care involves keeping blood glucose levels from going too low or too high. The goal of treating diabetes is to control it; that is, to keep the blood sugar as close to “normal” as possible. You will feel better when your diabetes is in good control, and you will have fewer of the long-term health problems related to diabetes. Your diabetes will have less power to disrupt your life.

Education is the most basic tool of diabetes care. It means learning to take care of your diabetes. Education gives you the skill to use the other tools that control diabetes – meal planning, exercise, diabetes medicines and blood sugar testing. The goal of the Diabetes Disease Management Program is to provide you with educational materials to help manage your disease and thus, to prevent and control long-term complications of the disease.

As a participant in the Diabetes Disease Management Program, we will encourage you to manage your diabetes according to the current clinical recommendations and treatment goals for diabetes management:

- Glycosylated hemoglobin values
- Serum cholesterol levels
- Urine protein
- Yearly eye examinations
- Foot examinations
- Influenza Immunization
- Blood pressure

Educational materials are available that explain these tests and the importance of the tests in controlling the long-term complications of diabetes. If you would like to receive this information, please contact [kathleenmiller@rjlellp.com](mailto:kathleenmiller@rjlellp.com).