



Diabetes Management Program

Virginia Premier CompleteCare (Medicare-Medicaid Plan), a Commonwealth Coordinated Care plan, is committed to helping you take control of your health. If you have diabetes, our diabetes management program will aim to:

- Help you become active in your own care
- Improve your health and quality of life
- Help you keep your blood sugars at a normal level
- Prevent or detect diabetes-related problems

Why participate in the Diabetes Management Program?

- To get the most current health information about your diabetes to help prevent long term problems
- To get support from a Registered Nurse

What does the program include?

A nurse will talk with you about:

- How diabetes affects you
- Your overall health
- Your feelings about diabetes

- Any diabetes medications you are taking
- Checking your sugar levels
- The importance of seeing your doctor
- The importance of getting your eyes checked
- Any other support services you may need

Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle. In addition to your diabetes, we may give you information about:

- Healthy weight
- Exercising
- Planning meals
- Quitting smoking



How Can I Join?

To learn more about diabetes, call your Care Manager at 1-855-338-6467 Monday to Friday from 8:00 am to 6:00 pm.

Virginia Premier CompleteCare is a health plan that contracts with both Medicare and the Virginia Department of Medical Assistance Services to provide benefits of both programs to enrollees.

You can get this information for free in other languages. Call 1-855-338-6467, 8:00 a.m. to 8:00 p.m., Monday through Friday. For TTY/TDD services, please call 1-800-828-1120 (Text), 1-800-828-1140 (Voice). The call is free.

You can ask for this information in other formats, such as Braille or large print. Call 1-855-338-6467, 8:00 a.m. to 8:00 p.m., Monday through Friday. For TTY/TDD services, please call 1-800-828-1120 (Text), 1-800-828-1140 (Voice).