

How does our Diabetes Health program help you?

Florida Community Care's Diabetes Health Program will be working with members and their families to create a plan of care that is right for each member.

We provide the following support to all our members:

- Education on preventive screenings that may help manage the disease and identify other conditions
- Review of your medicines with the primary physician and/or specialist
- Education on symptoms, and how to report and control them
- Education on the importance of checking your blood sugar levels and keeping track of them
- Education on how to manage the disease and reach your goal
- Emotional support to all our members and their caregivers
- Diet education and referral to registered dietitian

**Take charge of your health
with Florida Community Care**



Florida Community Care, LLC.
5200 Blue Lagoon Drive - Suite 500
Miami FL 33126

1-833-FCC-PLAN
www.fcchealthplan.com

This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm.

Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes, de 8 a.m. a 8 p.m.

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Take Control of your Diabetes

*Florida Community Care
is here to help.*



Diabetes is a serious health condition that **CAN** be managed.

Florida Community Care can help!

Diabetes is a disease that can have an impact on your quality of life. There is also added stress on your family members and caregivers.

You may start finding it difficult to do everyday activities. Activities that were once easy to do.

It is important to manage these diseases. With the support of your care manager, you can learn how to report and control your symptoms.

By managing some of the causes, you can help prevent the diseases from getting worse.

What is Diabetes?

Diabetes is a chronic disease in which your body does not make enough insulin (Type I) or the insulin in your body does not work the way it is supposed to work (Type II).



When pancreas doesn't produce insulin (Type 1)



When pancreas doesn't produce enough insulin or the insulin cannot be processed (Type 2)

This will cause high levels of sugar in your blood. Diabetes worsens with age and with other health conditions that may be present.



What are the symptoms of Diabetes?



Urinating Often



Irritability



Being thirsty more often than usual



Blurry Vision



Being hungry more often than usual



Wounds that won't heal



Being tired more often than usual



Numb or tingling hands or feet

1.833.FCC.PLAN



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 and damage to your teeth and gums

Blood sugar changes can cause stress

Depression occurs more often in people with diabetes than in people without diabetes

You can get serious complications like heart disease and strokes, high blood pressure, kidney disease, dental disease, and nervous system diseases.

What can you do?

Keep **TRACK** of your health with the help of your case manager and caregivers.



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