

DIETARY MANAGEMENT

Diabetes is a complex life-long condition that involves many different aspects of care. Managing your diet is an important part of blood sugar control. As you know, the better blood sugar control you have today, the lower your risk for serious diabetic complications in the future.

Not all people with diabetes have the same dietary needs, and dietary recommendations can get complicated. A dietician who specializes in diabetic education can develop individualized dietary guidelines, which take into account nutritional needs, health history, lifestyle and personal food preferences. Ask your physician if a Diabetic Education Program or a consultation with a dietician would be right for you.

Please remember:

- If you have any questions about benefits related to a Diabetic Education Program or a consultation with a dietician, please contact the TML IEBP Member Service Team at (800) 282-5385 (Spanish Line (800) 385-9952). They can clarify what hospital facilities or individual dieticians are in your preferred provider network for the best benefit level and advise you of your benefits for this service.
- If you have had diabetic education in the past, you may find a follow-up visit or class helpful in refining your dietary management. Some Diabetic Education Programs offer ongoing group meetings.
- Keep records of your recent lab work (current blood sugar log, A1C and lipid profile) and take them with you whenever you see a dietician or your physician. The Center for Disease Control and Prevention (CDC) offers a free book that has logs to document all your lab values. Contact the CDC to request *Take Charge of Your Diabetes* at (877) 232-3422 or view this book on the web at www.cdc.gov/diabetes (available in Spanish).
- To find out more about diabetes education in your community, contact the dietician at your local Network hospital.
- The American Diabetes Association is a helpful resource for recipes, community events, lists of the National Education Recognition Programs in your community, as well as diabetic information and more diabetes resources. The toll free phone number is (800) DIABETES (342-2383) and the web address is www.diabetes.org.

Source: American Diabetes Association

HEALTHY INITIATIVES

TML IEBP Medical Management, PO Box 141039, Austin, Texas 78714-1039
(512) 719-6571 (800) 847-1213 Fax: (512) 719-6587