



westernhealth
ADVANTAGE

in partnership with your doctor

Taking charge of your health



Associate Justice Sonia Sotomayor said, “Diabetes taught me discipline.” As a (type 1) diabetic, she’s talked about how diabetes is a central part of her life, and has taught her moderation and to be super-vigilant.

WHA wants to help you maintain control of your condition—by keeping current with tests for one, ensuring you have both your A1C and dilated retinal eye (DRE) exams each year.

Recommended tests*

- ✓ **A1C Level (every 3-6 months).** Ask your PCP to check your A1C level. This non-fasting test measures your average blood sugar over the past three months.
- ✓ **Blood Pressure.** Your blood pressure should be checked every time you visit your doctor. Keep track of your blood pressure numbers and note it to your PCP if there’s any change.
- ✓ **Cholesterol Level.** High cholesterol puts you at risk for heart disease and often goes hand-in-hand with type 2 diabetes. Check your levels and if on medication, take it as prescribed.
- ✓ **Kidney Function (annual).** Have your doctor do a urine test for protein and creatinine levels that tell you how well your kidneys are functioning.
- ✓ **Eye Exam (once a year).** Get a dilated retinal eye test. If you see an eye care provider outside of your medical group or use vision coverage for annual eye exams, ask the provider to send a copy of the exam results to your doctor.

*Coverage for WHA services depends on eligibility at the time of the service.





Feel confident and in control

When you visit your doctor, ask if there are new or additional resources available to you. Your WHA plan offers the following programs:

- ✓ **Personalized coaching, resources, and education.** Optum's disease management program gives access to diabetes educators available to answer questions about your condition and provide helpful resources. → mywha.org/dm
- ✓ **Free blood glucose meter.** WHA is offering a free meter to members. Talk to your doctor or diabetes educator about which meter is right for you, as there are two models available. → mywha.org/diabetes
- ✓ **Nutritional approach to reversing diabetes.** Virta Health's innovative nutritional treatment program may reverse type 2 diabetes, without many of the risks, costs, or side effects of medications or surgery. Many WHA members are already seeing a lower A1C, making it possible to reduce diabetes medications and lose weight. → mywha.org/virta (Note: Virta is available to plan members with type 2 diabetes between the ages of 18 and 79 enrolled in an eligible WHA health plan).
- ✓ **Advanced tech to lower HBP.** WHA's Livongo by Teledoc gives members (over age 18) with high blood pressure a suite of technology tools including a connected blood pressure monitor, health education and coaching, and a personal portal to track progress. → mywha.org/manageHBP



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WHA >>> your partner in health

mywha.org/wellness

Request additional resources in print by calling 916.563.2250, 888.563.2250 (or 711 for TTY) or emailing memberservices@westernhealth.com.

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