

# Living with DIABETES



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## Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage diabetes.

According to the American Diabetes Association, about 7 percent of the population of the United States has diabetes. A diagnosis of diabetes may seem frightening at first, but with proper care and treatment, people with diabetes can lead healthy, active lives.

While diabetes cannot be cured, it is a very manageable disease. With smart lifestyle choices and careful monitoring of your blood glucose levels, you can stay healthy and feel your best.

### Managing diabetes

Our specialized care program for diabetes is designed to help you work closely with your primary care physician to ensure that you get the care that's right for you.

If you have diabetes, you'll need to eat well, exercise, and make sure to check your blood glucose levels frequently. Making healthy lifestyle changes doesn't have to be sudden or painful—you and your primary care physician can work together to develop a diet and exercise plan that involves gradual changes you can stick with.

If you have type 1 diabetes, you may also need to have daily insulin injections. Our specialized care program can help you and your family members learn to give injections safely and easily.

Our integrated approach to specialized condition management includes:

- ▶ Active management of your current symptoms.
- ▶ Preventive treatments to help protect the heart, blood vessels, eyes, and kidneys, which can be damaged over time by diabetes.
- ▶ Participation in groups with other members, educators, and experts.
- ▶ In-person and online programs on nutrition and weight management, smoking cessation, and stress management, as well as programs to encourage and support physical activity.
- ▶ Medication management that may also involve additional caregivers and care managers working closely with your primary care physician.
- ▶ Information about diabetes provided as a featured health topic on **kp.org**, plus many more online tools and resources, all available 24 hours a day.

### To learn more about diabetes

Visit **kp.org/diabetes** or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

[kp.org/diabetes](https://kp.org/diabetes)

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at [kp.org](http://kp.org) or call us at one of the numbers below.

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### California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

**1-800-464-4000** English, Tagalog, Vietnamese

**1-800-788-0616** Spanish

**1-800-757-7585** Chinese dialects

**1-800-777-1256** English (Coachella Valley members only)

**1-800-777-1370** (TTY)

### Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

**1-888-681-7878**

**1-800-521-4874** (TTY)

### Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

**(303) 338-3800** Denver metro area

**1-800-632-9700** From other areas

**(303) 338-3820** or **1-800-659-3656** (TTY)

### Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

**(404) 261-2590**

**1-888-865-5813** Outside of Atlanta

**1-800-255-0056** (TTY)

### Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

**(808) 432-5955** Oahu

**1-800-966-5955** Neighbor Islands

**1-877-447-5990** (TTY)

### Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

**(301) 468-6000** Inside metro Washington, DC

**1-800-777-7902** Outside metro Washington, DC

**(301) 879-6380** (TTY)

### Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

**(503) 813-2000** Portland area

**1-800-813-2000** All other areas

**1-800-735-2900** (TTY)

**1-800-324-8010** Language interpretation

### Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

**1-800-686-7100**

**1-877-676-6677** (TTY)

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Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
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Kaiser Foundation Health Plan of Georgia, Inc.  
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305  
(404) 364-7000

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500 NE Multnomah St., Portland, OR 97232