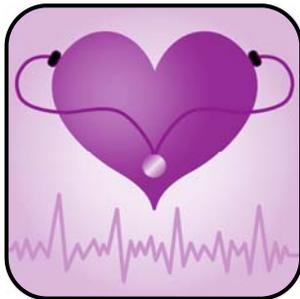


## DIABETES FACTS

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.<sup>1</sup>

There are 20.8 million people in the U.S., or 7% of the population, who have diabetes; 14.6 million who have been diagnosed. An additional 41 million people have “pre-diabetes.”<sup>2</sup>

Diabetes carries an increased risk for heart attack and stroke due to poor circulation, and two-thirds of the people with diabetes die of heart disease or stroke.<sup>3</sup>



**If you or a covered dependent has been diagnosed with diabetes, read inside to learn more about the Diabetes Management Program.**

<sup>1</sup>Center For Disease Control, 2007

<sup>2</sup>American Diabetes Association, Clinical Statistics, 2006

<sup>3</sup>The National Cholesterol Education Program

### EHI Mission

To provide competitive benefit programs and promote healthy lifestyle and wellness for employees so that Maricopa County can have a healthy and productive workforce.

### EHI Vision

For employees to enjoy a healthy lifestyle so they can live “well” into the future.



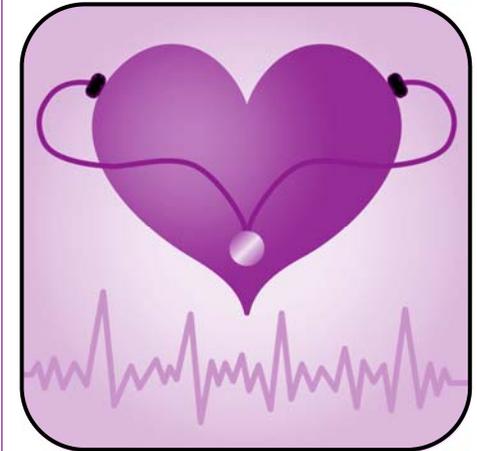
*The Diabetes Management Program  
Employee Health Initiatives Department*



Lindsey Grantham, M.Ed.  
Wellness Coordinator  
granthaml@mail.maricopa.gov  
602-506-3758

The Diabetic Management Program is not intended to be a substitute for medical care or advice provided by a medical professional. Maricopa County assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any program information. Always consult with your medical professional for appropriate examinations, treatment and care recommendations.

## THE DIABETES MANAGEMENT PROGRAM



**ehi** EMPLOYEE HEALTH INITIATIVES  
administered by the  
Employee Health Initiatives Department

# THE DIABETES MANAGEMENT PROGRAM

The Diabetes Management Program, administered by the Employee Health Initiatives Department, provides an opportunity for employees to be rewarded for taking control of and managing their diabetes.

The goal of the program is to assist participants with controlling blood glucose levels and modifying their lifestyle to prevent or slow the progression of cardiac complications, and diabetic-related eye, kidney, and nerve diseases.

## Who is eligible?

Employees and their covered dependents of any age who have been diagnosed with diabetes and are enrolled in either the Co-insurance or Consumer Choice Pharmacy benefit plan are eligible to participate.

## Program Requirements

The program requires that participants complete the tests, examinations, discussions and consultations listed in the chart below. Participation in the program is voluntary. Participant test results and other health information will not be collected or shared with Maricopa County.

Participants who successfully complete all program requirements will receive appropriate diabetic supplies and medications at no cost. Some medications may require prior authorization. Such authorization requirements must be met in order to obtain these medications.

Once approved for free diabetic medications and supplies, participants must re-certify annually.

## Getting Started:

Contact Lindsey Grantham, Wellness Coordinator to start the process:

[granthaml@mail.maricopa.gov](mailto:granthaml@mail.maricopa.gov)  
or  
(602) 506-3758



The Diabetes Management Program  
Employee Health Initiatives Department

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Wellness Coordinator  
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602-506-3758

Program Requirements	Frequency	Test Type/Description
Hemoglobin A1c	At least 2 times per year	Blood test measures blood sugar control over the past 90 days
Comprehensive Foot Exam	Annually	Tests for amount of feeling in feet: includes monofilament, tuning fork, palpation and visual exam.
Fasting Lipid Profile	Annually	Total cholesterol, LDL, HDL and triglycerides
Kidney Function	Annually	Tests ability of kidneys to filter waste products: Microalbuminuria Screening
Dilated Retinal Eye Exam	Annually	With an ophthalmologist or optometrist to find changes in eyes caused by diabetes
Discussion with Disease Management Nurse	At least annually	Through Well Aware
Consultation with Dietician or Nutritionist	Annually	Through Well Aware or CIGNA Medical Group
Medication Review	Annually	Through Well Aware
Dental exam & cleaning	2 times per year	Oral exam of mouth and teeth by Dentist; cleaning by dental hygienist