



The QCARE Diabetes Management Program is our special way of caring for people living with high blood sugar. Members and their dependents with high blood sugar can take part at no added cost.



The Quality Choice for Handling Diabetes (High Blood Sugar)

How Does the Program Help?

The program offers easy-to-use tools and useful resources. Our health coaches give one-on-one support to our members living with high blood sugar. They help them find ways to improve their lives and make changes they can live with. Some of the help the program provides:

- Support, useful tips and counseling
- Helpful tips on cooking and healthy recipes
- A healthier way of life

What Does the Member Learn?

With the personal support and tips provided by our registered nurse (RN) health coaches, members learn how to:

- Check their blood glucose (sugar) level
- Keep blood sugar within a normal range
- Prevent health issues like infections and eye problems

QCARE, our personal health and wellness management program, offers support and learning tools for QualChoice members. This keeps our healthiest members healthy and gives those with chronic illness the special attention they need. QCARE is led by a team of health experts including a staff of registered nurses (RNs) and a Medical Director. To learn more and to view a list of QCARE programs, visit QualChoice.com; select Already a Member?, then QCARE Program. *NOTE: Programs vary by group and benefit plan. Check with your benefits administrator.

Who's at Risk?

- Over 45 years old
- Family record of high blood sugar
- BMI of 25 or more
- Infrequent exercise
- African-American, Latino, Native-American, or Pacific-Islander
- Blood pressure 140 over 90 or higher
- HDL (good) cholesterol of 35 or lower
- Triglycerides 250 or higher
- Impaired fasting glucose (blood sugar between 100 and 125 per American Diabetes Association)
- Had gestational diabetes or gave birth to a baby weighing 9 pounds or more
- Polycystic ovary syndrome



To learn more about our QCARE programs, call 501.228.7111 or 800.235.7111 or visit QualChoice.com.

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