

Diabetes self-management care services

A message on behalf of your primary care team

Having a diagnosis of diabetes can be stressful and scary. It can feel like it is too much to handle on your own. Your primary care team is working with specially trained registered nurse care managers and care coordinators. Together, they can help you understand and manage your diabetes. They can also help with any other health issues that you may have.

Here are some examples of the kind of help the team can give you.

These services are personalized and do not cost you anything.

- **Diabetes education** and how daily events affect glucose control
- Treatment option education including **medications and glucose monitoring**
- **Benefits and eligibility** for continuous glucose monitoring (CGMs)
- Healthy **eating and activity** recommendations
- **Reducing risk** for complications
- Maximizing your **insurance benefits**

When you have blood sugar levels over 180, this can cause damage to blood vessels and nerves. It can lead to:

- Heart disease or stroke
- Kidney disease
- Eye damage
- Poor circulation in the feet or legs
- Poor wound healing
- Immune system issues
- Depression, distress, or low mood

Contact our care management team to get started with diabetes self-management services at **757-455-7330** or **SQCN@sentara.com**.