

If you would like this information in another language, please contact us at 1-800-765-3805.



## Free Diabetes Self-Management Program

NHP partners with a diabetes training and supply company to offer a self-management program to our members with diabetes! The free program provides a variety of services that can help you better control and manage your condition.

Joining the program is voluntary and everything is kept completely confidential. If a member chooses to no longer participate, he or she can stop at any time.

Members who join the self-management program get:

- a brochure that provides details of the program
- a personalized call describing the program
- follow-up calls to ensure the member is following the program
- a new blood sugar meter, if needed
- a home visit—with the member's consent—for training on how to use the new meter to safely and effectively self-monitor their blood sugar
- a free diabetes management kit
- educational material (in English or Spanish) on proper nutrition, exercise, test scheduling and routine check-ups

People with diabetes who learn to effectively self-manage their condition tend to lead fuller, happier and healthier lives. Click [here](#) to see what members who joined the program have said about the benefits!

For more information on the program, call our Care Coordination Department toll-free at 1-800-765-3805, Monday – Friday, from 9 a.m. to 5 p.m.