

Diabetes Health Coaching Services

Is it hard for you to manage your diabetes? *We can help!* CalOptima members can receive diabetes education and health coaching at no cost. To help you control your blood sugar, our health coaches can create a personal health care plan just for you.

Topics:

- + Blood Sugar Management — review of your symptoms, treatment and prevention
- + Nutrition and Exercise — review of how it can affect your blood sugar levels
- + Preventive Care — review of proper daily foot care and your annual tests

Where:

- + Talk to our health coaches over the phone
- + Receive health education materials by mail

How

Online health education materials are at www.caloptima.org/healthandwellness. You can call CalOptima's Health Management at **1-714-246-8895**. We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. TTY users can call toll-free at **1-800-735-2929**. We have staff who speak your language.

Doctors and health care providers can submit a Health and Wellness Referral Form. Visit www.caloptima.org then click on Providers and go to Common Forms.



CalOptima
Better. Together.