

<<Plan Name>>

Dear <<Patient Name>>:

Now that you have been diagnosed with type 2 diabetes, you may have a lot of questions. That is understandable. There is a lot to know about living with diabetes.

Your healthcare provider has given you a care plan. This may include changes to your diet, your exercise, and other habits. It may also include medicine. It is important that you follow your healthcare provider's advice. By doing what he or she says, you have the best chance to keep your diabetes in control.

I would like to share some information about diabetes with you. I am attaching these brochures for you:

- <list name/short description of resource>
- <list name/short description of resource>
- <list name/short description of resource>

These brochures are all written for people who were just diagnosed with type 2 diabetes. They give you helpful tips about living with diabetes.

I hope you find these brochures interesting and helpful. If you have questions about them or would like more brochures, you can call us at <<inset plan number>>. If you have questions about diabetes or your own care plan, you can always call your healthcare provider.

Remember, the more you know, the better you can manage your diabetes.

Sincerely yours,

<<Case Manager Name>>

<<Plan Name>>

Available Resources for Newly Diagnosed Patients With Type 2 Diabetes

Choose from the resources below and attach to your letter to the Plan member.

Taking Good Care of Yourself

Managing diabetes means checking your blood sugar, eating healthy foods, and keeping active. This guide will help you keep the promises you make to yourself to manage your diabetes.

Caregiver Fact Sheet

This guide gives tips for people who are helping someone else manage their diabetes. Caregivers will find out ways to support and help their loved one.

My Diabetes Numbers

This guide reviews the American Diabetes Association's suggestions for healthy A1C, blood pressure, and cholesterol levels (ABC). You will also find tables you can use to track your results.

What I Need to Know About My Blood Sugar

This quick guide tells you about keeping your blood sugar at a healthy level. It also gives you ways to manage blood sugar highs and lows.

Blood Glucose Measurement Log

It is a good idea to write down your blood glucose (sugar) readings. You can use this log to keep track of them. Then you can share them with your healthcare providers.

Diabetes and Your Body

Diabetes can affect many different parts of the body. This guide tells you about what happens when diabetes is not managed. You will also learn about how stress and depression can affect diabetes.

Your Diabetes Healthcare Team and You

When you have diabetes, you may have to see a team of healthcare professionals. This guide introduces you to members of the team. It explains who does what.

Taking Charge of Your Health Care

You may have questions to ask your healthcare team. This guide reviews who is on the team. It gives you sample questions you can ask. It also gives you room to write your own questions.

T2D Treatment Tracker

You can keep track of all your treatment information in this handy log. There is room to write the names and numbers of your doctors, other important phone numbers, dates of medical visits, and other information.

Meeting Your Goals

Part of taking care of your diabetes is making goals for your health. You will get tips on how to keep in good health by staying at a healthy weight and being active. You will also learn why regular trips to your diabetes healthcare team members are important.