

<<Plan Name>>

Dear <<Patient Name>>:

Living with type 2 diabetes can be hard. There are many parts to managing your condition. You should always follow your doctor's advice on what to do.

Sometimes, it is hard to keep diabetes in control. When that happens, your doctor will want to look at all the things you are doing. He or she can then make changes to help you manage your disease better.

Here are some ideas to help you:

- ✓ Keep track of your blood sugar (glucose). Write it down each time for your doctor to check
- ✓ Learn about how diabetes affects all the parts of your body
- ✓ Follow the diet your doctor told you to follow. If you are not sure what to eat, you can ask
- ✓ Write down questions for your doctors. Bring them to your next visit
- ✓ Your doctor or other healthcare provider is always ready to help you and to answer your questions

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 are having trouble controlling their 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>>.

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

Sincerely yours,

<<Case Manager Name>>

<<Plan Name>>

## **Available Resources for Patients With Uncontrolled Type 2 Diabetes**

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

### **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.

### **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.

### **What Happens If I Don't Keep My Blood Sugar in a Healthy Range?**

When you have diabetes, it is important to keep your blood sugar at the right level. Here, you will learn what happens when your blood sugar becomes too high and how to keep it at the right level. You will also learn about why you always have to follow your medication plan, if you have one.

### **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 doctor or other healthcare providers.

### **Why Your Body Mass Matters**

You will learn about how your weight can affect diabetes. You will also find a chart to check your own body mass index.

### **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.

### **Taking Good Care of Yourself**

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