

# 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](http://www.caloptima.org/healthandwellness). You can call CalOptima's Health Management at **1-888-5587-8088**. We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. TTY users can call toll-free at **711**. We have staff who speak your language.

Doctors and health care providers can submit a Health and Wellness Referral Form. Visit [www.caloptima.org](http://www.caloptima.org) then click on Providers and go to Common Forms.

