



**Know the Facts.
Get Informed.
Be Empowered!**

Monitoring Diabetes

What is Diabetes?

Diabetes is a complex disease. It requires daily self-management and care. With diabetes, your body does not make enough insulin or cannot use the insulin it makes as well as it should. When there is not enough insulin or your cells stop responding to insulin, too much blood sugar stays in your bloodstream. This can cause serious health problems like heart disease, vision loss, and kidney failure.

Self-care behaviors to manage diabetes and have good health outcomes:

1	Healthy eating	Eat a variety of healthy foods like fresh vegetables and fruits, whole grains, dairy and lean protein.
2	Being active	Add more movement into your daily lifestyle.
3	Monitoring	Check your blood sugar and cholesterol levels, blood pressure, weight, heart, eye, kidney and foot health on a regular basis. Monitor your sleep, mood, medications.
4	Taking medications	Take your medicines in the right way and at the right time.
5	Problem-solving	Diabetes changes over time, problem-solving techniques can help.
6	Reducing risks	Increase positive lifestyle changes to reduce negative outcomes. Get diabetes self-management education. Participate in support programs. Get enough sleep. Get regular health check-ups.

How to treat Diabetes

If you have pre-diabetes or diabetes, please contact your doctor to discuss a treatment plan. If you do not know who your doctor is or need assistance with selecting a doctor, contact **MedStar Family Choice District of Columbia (MFC-DC) Enrollee Services at 888-404-3549**. Your efforts to treat diabetes can help you to improve your quality of life and thrive.

For more information:

Visit MedStarFamilyChoiceDC.com or call **MedStar Family Choice District of Columbia (MFC-DC) Outreach Department at 855-798-4244** (select option 1, then 2). To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MFC-DC Enrollees Events and Outreach Programs** website: www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



**MedStar Family
Choice**

DISTRICT OF COLUMBIA



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GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

It's how we treat people.