

Diabetes Monitoring: Prevents complications



Why you should monitor your diabetes

- Diabetes is a very serious disease that can cause problems like blindness, heart disease, stroke, kidney failure, and complications requiring amputations.
- Adult onset diabetes is highly prevalent in the Medicare population. Close to 12 million people age 60 and older reported having diabetes according to CDC data in 2007. More than 230,000 Americans die each year from diabetes and its complications.
- For most people with diabetes, many of these complications can be prevented or delayed with **appropriate monitoring** and treatment.

Preventive tools

- Diabetes Health Record: Call us at 1-800-432-0407 for your *free* booklet.
- Things to do at your doctor visit:
 - Get a kidney test ... urine test for microalbumin at least once a year
 - Get a hemoglobin A1c test ... recommended every three to six months; ask about your hemoglobin A1c (HbA1c) to follow your long-term blood sugar control; an HbA1c of less than 7% is usually considered to be good control
 - Get your blood pressure checked ... it should be less than 130/80
 - Get a foot exam ... recommended at least four times a year
 - Get a flu shot ... once a year
 - Get a pneumonia shot ... One may be all you ever need – ask your doctor
 - Get a dilated eye exam ... at least once a year
 - Get a lipid profile (cholesterol test) ... at least every two years
 - Ask about your LDL cholesterol level ... this is the “bad” cholesterol; for most people with diabetes, it should be less than 100
- Eat a healthy diet including five servings of fruit and vegetables daily.

Medicare helps pay for diabetes monitoring:

Service	Who is covered ...	What you pay ...
Includes coverage for glucose monitors, test strips, insulin pumps, lancets, and self-management training.	All people with Medicare Part B who have diabetes (insulin users and non-users).	20% of the Medicare approved amount after the yearly Part B deductible.

Who is the Kansas Foundation for Medical Care, Inc. (KFMC)?

- KFMC is:
 - A private, not-for-profit business
 - The federally designated Medicare Quality Improvement Organization (QIO) in Kansas since 1972
 - Responsible for assuring and improving the quality of healthcare given to Kansans enrolled in Medicare and Medicare-contracted health maintenance organizations (HMOs)
 - Responsible for promoting the rights of Medicare beneficiaries
- For more information, call KFMC, at **1-800-432-0407**. Tools include:
 - Information about the rights of Medicare beneficiaries
 - Information about KFMC's role in protecting those rights
 - Information regarding preventive healthcare
 - Free resource guidebooks on Medicare topics
- Call the **KFMC Help Line at 1-800-432-0407** if:
 - You need information about your Medicare rights, responsibilities, or protections
 - You want to report a Medicare beneficiary quality of care issue