

Prevention of Diabetic Short-Term Complications and Hospital Stays



Diabetes is a long-lasting health condition that affects how your body turns food into energy.¹

Healthy Reminders

Controlling blood sugar is one of the most important things a diabetic patient can do to avoid more serious problems. Diabetes health problems can include heart disease, chronic kidney disease, and nerve damage. Other problems can be with feet, oral health, vision, hearing, and mental health.²

There are three main types of diabetes:

- ▶ Type 1
- ▶ Type 2
- ▶ Gestational diabetes

Diabetic problems may be managed through these healthy habits:

- ▶ Eating healthy.
- ▶ Increasing exercise.
- ▶ Checking blood sugar often.
- ▶ Taking medicine as prescribed.
- ▶ Following doctor's orders.

Getting Back to Your Best Health

After a hospital or emergency room (ER) visit, recovery can be hard. The most important thing you can do for your recovery is to schedule a follow-up visit with your doctor. This visit should be within seven days after a hospital or ER visit, unless told otherwise.

Your clinical team will try to contact you after you are discharged to help schedule a visit with your primary care doctor. It is helpful to bring a list of all current medicines and your hospital discharge papers to your follow-up visit.

At this visit, your doctor can:

- ▶ Figure out why you were admitted to the hospital.
- ▶ Refill medicines, if needed.
- ▶ Diagnose any new health problems and check existing conditions.
- ▶ Answer your health questions.
- ▶ Review old and new medicines.
- ▶ Talk to you about your health and your treatment plan.

We're Here to Help

Your doctor may have prescribed new medicines, follow-up treatment, or encouraged you to make lifestyle changes. We want to help you navigate these changes, through your recovery and beyond. Our Care Management team has resources that can help you reach your health goals.

Following your ER or hospital visit, your Care Manager can help you with many things. This includes helping to schedule your follow-up appointments and transportation. They can also help keep track of your medicines and help you manage multiple conditions. Annual Wellness Visits, virtual visits, and digital Care Management opportunities with your Care Manager are available to you.

To learn more, or to sign up for our Care Management program, call us at 1-866-282-6280 (TTY: 711).

¹ <https://www.cdc.gov/diabetes/basics/diabetes.html>

² <https://www.cdc.gov/diabetes/managing/problems.html>