

**CONSTRUCTION INDUSTRY
WELFARE FUND
LIVING WELL
WITH DIABETES
PROGRAM**



TAKE CONTROL

LEARN ABOUT RISKS

*UNDERSTAND MEDICAL
TERMINOLOGY*

*FIND OUT WHAT IS NEW IN
TREATMENTS AND
MEDICATIONS*

RECEIVE USEFUL MATERIALS

**CONSTRUCTION INDUSTRY
WELFARE FUND**

**LIVING WELL WITH
DIABETES PROGRAM**

**To enroll call:
(1-866-844-4222)**


Program administered by Med-Care Management
P.O. Box 20564
West Palm Beach, FL 33416-0564

**CONSTRUCTION INDUSTRY
WELFARE FUND**

**Living Well With
Diabetes Program**

**“There is no better time than
now to become an active
participant in your own
healthcare!”**

**Enroll in the
LIVING WELL WITH
DIABETES PROGRAM
TODAY**

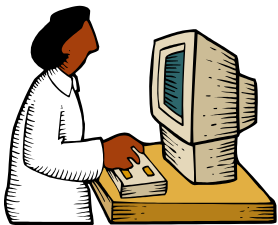
**Call toll-free
1-866-844-4222**

The Living Well Health Management Program is designed to provide education and information to the Fund's participants who are taking medications for a diagnosis of diabetes. By participating in the program, participants and their families learn self-management tools that may prevent acute flare-ups or the long-term complications associated with this chronic condition. We

know having a chronic condition such as diabetes is not easy, but when managed properly you can enjoy a healthier life.

Diabetes is on the rise. It is estimated that over 29.1 million Americans have diabetes. Approximately 15.5 million men and 13.5 million women and over 200,000 children have diabetes. Diabetes is known to cause blindness, blood vessel and nerve damage. Over 4 million people with diabetes have diabetic retinopathy, a condition that can result in blindness. Over 70,000 diabetics have a leg amputation each year. The diabetes program has been implemented to help you manage these diseases and lead a more satisfying life.

Participation in the program is voluntary and all information is confidential. Those who enroll in a Living Well Health Management Program will have a nurse who works with them to help manage their current condition.



Enrollment in the plan is covered by the benefit plan at 100%. **There is no cost to you.** In addition, if you enroll in the Living Well With Diabetes Program and continue to be an active participant, your diabetic medications and diabetic supplies will be provided through your prescription program with Express Scripts at **no cost to you.** You will, however, still have your normal plan

deductibles and co-payments for doctor's visits etc.

Do you wonder about what foods to eat or what medications to take? Are you aware of side effects? How foods or the medications you are taking effect other medications?

Would you like to know what is new on the horizon that can better help you manage your particular healthcare problem?

Carbohydrates?



Weight?

Blood pressure?

Meal plans?

Blood glucose levels?

Medications?

Exercise

The Living Well With Diabetes Program has its own toll-free number, **1-866-844-4222.** Enrollment is easy. You don't have to leave your home. Just make a simple phone call. After you are enrolled, the nurse will send you a packet of healthcare materials based on your individual needs. You will receive important information on topics such as diabetes control, nutrition, exercise, meal plans and recipes. The program nurses are your personal contacts when you have any questions or concerns. You will receive periodic newsletters filled with information. The nurses will speak with you on a regular basis to see how you are doing and they will keep track of your important information, such as doctors' appointments, new lab results and medication changes.

Please call and enroll, it only takes a few minutes. By participating in a program, you and/or your family members can learn self-management skills that help you to better manage your own health and **continued participation means your diabetic medications and diabetic supplies will be provided at no cost to you.** Knowledge is power. By educating yourself, you will feel better and have a much improved quality of life.

CONSTRUCTION INDUSTRY WELFARE FUND

LIVING WELL WITH DIABETES PROGRAM CAN HELP!

CALL
1-866-844-4222