

May 2016

Dear Health Options Provider,

At Health Options we recognize the important role that medical practices play in providing quality healthcare to our members. We also know the critical role members play in their own health. For that reason, we want to empower them with the best tools and resources to increase the likelihood of healthy outcomes.

With this in mind, we would like to notify you that **My Diabetes Report Card** will be mailed May 31st.

My Diabetes Report Card is an educational tool that provides information on medications, as well as dates and results for diabetes-related labs/exams. It is being sent to adult diabetic members (18-75 years of age). Below is a sample of the **My Diabetes Report Card**.

MY DIABETES REPORT CARD
PLEASE CONSIDER TAKING THIS INFORMATION WITH YOU TO YOUR NEXT DOCTOR'S APPOINTMENT.
WHAT CARE IS RECOMMENDED BY THE AMERICAN DIABETES ASSOCIATION?

LABS/TESTS	HOW OFTEN?	MOST RECENT DATE	MOST RECENT RESULT	TALK TO YOUR DOCTOR ABOUT YOUR INDIVIDUAL GOALS. WHAT'S GENERALLY RECOMMENDED IS:
A1C	2-4 times per year	<MM/DD/YYYY No date in our records>	<#. #% or No result in our records>	Less than 7.0% (average blood sugar of about 154 mg/dL)
LDL-C (Cholesterol)	Discuss with your doctor	<MM/DD/YYYY No date in our records>	### mg/dL or No result in our records>	Discuss with your doctor
Dilated Retinal Eye Exam	Once a year	<MM/DD/YYYY No date in our records>		Healthy Eyes
Urine Screen to Check for Protein (Kidneys)	Once a year	<MM/DD/YYYY or No date in our records>		No Protein in Urine
Blood Pressure	At every doctor's visit			Less than 140/90
BMI (Body Mass Index)	Once a year			Discuss with your doctor


Talk to your doctor about your results or any labs/tests you may need.

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We appreciate your continued support of Health Option's mission to deliver quality programs that positively impact the health and wellness of our members. If you have any questions or suggestions, please contact your Provider Relations Representative directly.

Sincerely,
Health Options