

AmeriHealth Caritas District of Columbia (DC)

# DIABETES CARE CENTER: A JOURNEY

**You find out you have diabetes after a regular checkup with your doctor, but don't worry—you aren't alone: Millions of people are diagnosed with diabetes every year. AmeriHealth Caritas DC is here to help you manage your health.**

Diabetes affects how your body breaks down sugar and causes your body to have too much sugar in your blood. You might also not have enough insulin, which helps your body break down the sugar in the food you eat to give you energy.<sup>1</sup>



Talk to your Care Manager if you're interested in any of these services so they can help you determine what will work best for you. By taking these important steps, you can manage your diabetes diagnosis and live a healthier life.

**For more information visit [www.amerhealthcaritasdc.com](http://www.amerhealthcaritasdc.com).**

**SOURCE:**

<sup>1</sup> "Diabetes," Familydoctor.org, September 20, 2020, <https://familydoctor.org/condition/diabetes>



## Take the online diabetes prevention course.

If you have prediabetes, take a **diabetes prevention class online** to learn about weight management and proper nutrition.



## Receive a diabetes diagnosis.

You visit your primary care provider (PCP) because you are always tired, constantly thirsty, gaining weight, and sometimes your hands feel tingly. Your PCP tells you these are symptoms of diabetes and **confirms the diagnosis** with a blood test, then works with you to determine a care plan.



## Connect to a Care Manager through our diabetes program.

As an AmeriHealth Caritas DC enrollee, you can join our special programs to help you manage your condition. Through our diabetes program, you'll be connected with a Care Manager who will send you **information to help you manage your diabetes**. Your Care Manager will also help you keep track of all your care and medicines, and find community based services to help you eat, move, and feel well. After your diabetes diagnosis, **call 202-216-2318 to get started**.



## Participate in Wellness Circles.

AmeriHealth Caritas DC partners with community organizations to offer **classes that help you manage your weight and improve your overall health**. Wellness Circles involve six classes during a three-month period, where health educators and wellness experts share ways to lower your blood sugar, make healthier food choices, plan your meals, and find exercise you enjoy.



## Join the Spanish-language nutrition and diabetes programs.

AmeriHealth Caritas DC enrollees can attend **La Clínica del Pueblo's health education classes**, which are offered for six-week periods. Classes are taught in Spanish only and cover topics such as healthy eating, exercise, diabetes, medication management, and tips to help with weight loss.



## Get healthy meals delivered to your home.

Food can also be medicine, so AmeriHealth Caritas DC offers **home-delivered meals to enrollees** who have certain medical conditions, including diabetes. Sign up to receive medically tailored meals delivered right to your door.



## Work with a dietitian.

Your PCP or AmeriHealth Caritas DC Care Manager can refer you for **dietitian services** so you can work one-on-one with a dietitian to create a nutrition plan that meets your health needs. You can also use our provider search tool to find a dietitian to meet with even without a referral.



## Visit the Howard University Hospital Diabetes Treatment Center.

Diabetes education **classes are offered** in a group or one-on-one with a health educator to learn about healthy foods, weight loss, and how to manage your overall health.

  
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District of Columbia