Living Well with Diabetes

Diabetes Care at Kaiser Permanente
Your starting point for better control

Goals of successfully managing diabetes are to feel well and prevent complications. Having a self-management plan in place can help you reach these goals. Your self-management plan probably includes some or all of the following:

- Managing emotions and stress
- Healthy eating
- Exercise
- Medicine
- Blood sugar monitoring

The members of your care team, including your doctor, nurse, and pharmacist, work together to coordinate your diabetes care. They can help you get the support and resources you need to successfully manage your diabetes. In addition to your care team, Kaiser Permanente has many resources and tools to help you live a healthier life.

Kaiser Permanente website
Visit the Health and Wellness Resources section on our website at kp.org/wa for access to in-depth information about diabetes, meal planning, healthy eating, exercise, and hundreds of other health topics.

When you register you can refill prescriptions online, see your coverage documents, and get a Health Profile report (see below). Patients who get their care at a Kaiser Permanente medical office can also access their online medical records, e-mail members of their health care team, schedule appointments, and view lab results.

Health Profile
The Health Profile is an online questionnaire you can fill out when you register and log in to the secure member site at kp.org/wa. By completing this questionnaire, you’ll get a customized report, which includes action steps to help you take better control of your health.

Registered dietitians
If you need extra help with meal planning, ask your doctor for a referral to a registered dietitian.
Kaiser Permanente’s Diabetes Experts
If you have special problems or concerns, ask your doctor to refer you to one of our diabetes experts for a consultation.

Tobacco use
Quit tobacco and avoid secondhand smoke. For information about our tobacco cessation programs call Quit For Life® at 1-800-462-5327 or visit www.quitnow.net/kpwa.

Fitness programs
Most of Kaiser Permanente’s Medicare plans have fitness benefits including Silver Sneakers and EnhanceFitness. These programs help improve endurance, strength, balance, and flexibility. Call Member Services at 1-888-901-4636 to find out what fitness program coverage or discounts your plan offers.

Living Well Workshops
The Living Well Workshops are designed for anyone living with one or more chronic health conditions, as well as for their family members and caregivers. Workshop sessions meet once a week for 6 weeks and are available in two formats: in-person and Web-based. Find out more by calling the Kaiser Permanente Resource Line at 1-800-992-2279, or online at kp.org/wa/livingwell.

Kaiser Permanente Resource Line
The Resource Line can give you information about community resources in your area. The Resource Line can send you printed material on many topics related to diabetes care including food, exercise, and weight management, as well as self-care tools such as wallet cards and diaries. Call weekdays from 9 a.m. to 4 p.m. toll-free 1-800-992-2279.

The Consulting Nurse Service
Kaiser Permanente members can call after hours with medical questions or concerns: 1-800-297-6877. Available 24 hours a day.