

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 for access to in-depth information about diabetes, meal planning, healthy eating, exercise, and hundreds of other health topics.

When you register to use the services on the secure member site at kp.org, 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. 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&Fit 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.

Kaiser Permanente Resource Line

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.

24/7 Care Advice

Kaiser Permanente members can call 24 hours a day, 7 days a week with medical questions or concerns: 1-800-297-6877.