

MESSA Diabetes Education and Member Support Program

A way to improve health and lower costs

The quality of life for people with diabetes is continually improving due to new medical developments. Many complications that have historically been caused by diabetes can now be prevented. To help our members and their dependents with diabetes improve their health and quality of life, MESSA offers a Diabetes Education and Member Support Program based on the latest guidelines from the American Diabetes Association (ADA). The Diabetes Program has materials tailored to all ages and with any type of diabetes mellitus (Type 1, Type 2, gestational, etc.). There is no cost for the program or materials.

How you can benefit from the Diabetes Education and Member Support Program

Diabetes member education and support offers a practical and proven approach to effectively manage diabetes. Improved management of diabetes can bring you these advantages:

- A fuller, more energetic and longer life.
- Faster healing and quicker recovery after illness, injury or surgery.
- Less time missed from work, school, vacations and family activities.
- Better control of blood pressure and cholesterol levels.
- Retention of eyesight and kidney function.
- Prevention of cardiovascular disease, neuropathy, pressure ulcers and amputations.

Program Features

- Our Certified Diabetes Educator (CDE) Nurse will provide you with important information, encouragement and guidance to help you reach your diabetes health goals.
- "A Handbook for Partnering with Your Physician", explains ADA guidelines, provides a place to record test results, and lists services and supplies covered by MESSA.
- Helpful information to help you better communicate with your health care providers.
- An assortment of materials to learn more about diabetes self-management.
- Information on diabetes self-management education programs covered under your MESSA health plan.
- Information on obtaining diabetes equipment and supplies.

For more information, contact MESSA Member Education by calling 800.336.0022 and selecting voice prompt 3, or by email: membereducation@messa.org.



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ACCREDITED
DISEASE MANAGEMENT