Diabetes Management

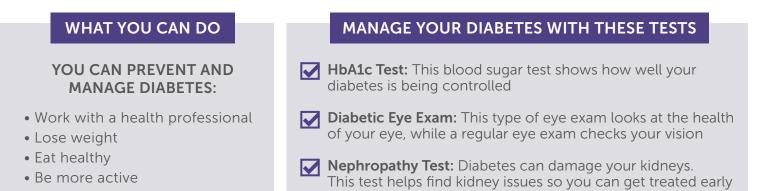
30.3 million people in the US have diabetes. That's about **1 out of every 10 people.**



There are different stages and types of diabetes, risk factors and complications:



Your provider diagnosed you with diabetes. MeridianComplete (Medicare-Medicaid Plan) wants to help you stay healthy and manage your health. Here is what you can do to manage your health:



TAKE CONTROL OF YOUR HEALTH!

Call MeridianComplete at **1-855-850-1689** (TTY users should call **711**), **Monday - Sunday, 8 a.m. to 8 p.m.** for help scheduling an appointment to see your provider.



Source: www.cdc.gov

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MILLION

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MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).



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