

## Recommended diabetes management steps

- Medication management.
- Ensure medication reconciliation completed.
- Review medication to follow diabetes management guidelines from the American Diabetes Association (Diabetes Care 2019; 42 (suppl.1) s1-s183).
- Annual comprehensive exams:
  - **Retinal or dilated eye exam** to help find glaucoma, cataracts, diabetic retinopathy and other eye conditions
  - **HbA1c test** to measure blood sugar levels over a three-month period
  - **Cholesterol profile test** to measure cholesterol (e.g., total cholesterol, HDL and LDL) and triglycerides
  - **Diabetic foot exam**
  - **Kidney (urine) test** to check for albumin
  - **Kidney (blood) test** to check glomerular filtration rate
  - **Fasting lipids level test**
  - **Dental exam** every six to 12 months
  - **Flu shot**
- To manage signs, symptoms, hypoglycemia and sick days, create action plan for member and caregiver:
  - Include in the action plan education on blood glucose ranges
  - Make sure member has and knows how to use glucometer
- Healthy behavior education and referrals for nutritional counseling/support

Referral to Humana Florida Medicaid care management for Regions 1-11

- [FL\\_MMA\\_CM\\_Referrals@humana.com](mailto:FL_MMA_CM_Referrals@humana.com)
- Care management - 1-800-229-9880

The recommendations were derived from the most current clinical practice guidelines for Diabetes. References used were: *Diabetes Care* 2019; 42 (Suppl. 1): S7-S183