

Diabetes Care Package

The responsibility of the HealthPartners Diabetes Team is to provide you, the patient, with the appropriate advice and skills to live well with diabetes. Our team approach will consist of primary care providers, endocrinologists, nurse practitioners and physician assistants, diabetes nurse educators, dietitians, registered nurses, licensed practical nurses, pharmacists and most importantly, you. Diabetes is a disease requiring daily attention. For this reason, you are the most important person of the HealthPartners Diabetes Team.

We believe that to be successful in the management of your diabetes you need to understand what to expect over a typical year of diabetes care and what resources are available to you. The example below outlines expectations of a diabetes care plan, but the care plan created specifically for you may differ from the example below depending on your health care needs.

Regular Diabetes Exam (Primary Care Provider)

Occurs every 3 to 4 months (approx. three times per year)

What to expect during your visit:

- A review of patient progress toward clinical goals
- Re-evaluation of clinical lab tests
- Appropriate medication adjustments
- Appropriate treatment plan adjustments
- Other appropriate care as determined by your physician

Health Education Classes

Occurs as needed

What to expect during your visit:

- Health education that is tailored to your specific health needs
- For an appointment or for class information, call 952-967-7616
- * Preventing Diabetes
- * Insulin Pump Management
- * Managing Cholesterol
- * Weight Loss Basics

Dilated Eye Exam (Optometry/Ophthalmology)

Typically occurs once per year

What to expect during your visit:

- A complete eye exam
- Testing for glaucoma, cataracts and other vision related care associated with diabetes
- For appointments, call 952-967-7611

Diabetes Self-Management Education

Occurs as needed

What to expect during your visit:

- Medication Therapy Management
 - * Review of all your medications
 - * Advice on how to best use your medications
- Diabetes Nurse Specialist/Dietitian
 - * Learn how to live with and manage diabetes
 - * Learn how to prevent and recognize complications
 - * Help with healthy eating, medication planning and other nutritional topics

Foot Exam (Podiatry)

Occurs once per year if recommended by your Primary Care Provider or Endocrinologist

What to expect during your visit:

- A complete foot exam
- An evaluation and recommendation to ensure proper foot health, which will reduce the chances of infections that are more common for people with diabetes
- For appointments, call 952-967-7977

Endocrine Evaluation (Endocrinology)

Occurs as needed on a consultative basis

What to expect during your visit:

- A comprehensive endocrine exam
- Clinical evaluations for diabetes related issues
- Clinical lab tests
- Education on how to manage your diabetes
- A comprehensive treatment plan that will be shared with your primary care physician