

South Country Health Alliance can help you reach the gold standard for managing your diabetes.

Transportation to help you get to and from your medical appointments

Attending your appointments allows your doctor to watch your A1c and blood sugar levels, and check that your overall health is on the right track.

If you have trouble getting to and from health care appointments, you may be eligible for covered non-emergency medical transportation. RideConnect offers safe and reliable rides to covered medical, behavioral health, and dental appointments.

Support to increase your overall activity

Join a participating health club and receive up to \$20 reimbursement a month for Families and Children (PMAP), MNCare, SingleCare, SharedCare, and MSC+ members towards your health club membership fees when you attend at least 4 days per month, up to \$40 reimbursement a month for SeniorCare Complete and AbilityCare members with no minimum amount of attendance days required.

Support to help you quit using tobacco

The EX Program is an active, supportive community of real tobacco users who have been through it all. When you join, 8 weeks of free nicotine patches, gum, or lozenges can be delivered to you. Get a customized quit plan that learns and grows with you.

The EX Program provides smart, interactive guides and tools for you to navigate your tobacco-free journey. They offer free quitting support tailored to e-cigarette users too. Get expert advice, tips, and coaching through 1:1 live chat.

Visit BecomeAnEX.org or call 1-833-EXCOACH.

Tools for you to track your health status

We cover the cost of medical supplies including a blood pressure cuff with a doctor's order when using an in-network durable medical equipment (DME) supplier. A blood glucose monitor (glucometer) and other diabetic supplies and services may be limited to specific manufacturers, products and/or brands when received through a pharmacy. A co-pay may be required. For more information check your List of Covered Drugs.



Local. Responsive. Reliable.
Health care coverage focused on you.

South Country Health Alliance Member Services

1-866-567-7242 • TTY 1-800-627-3529 or 711

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.

members@mnscha.org

#5586

H5703_7561_M; H2419_7561 Accepted SeniorCare Complete (HMO D-SNP) and AbilityCare (HMO D-SNP) are health plans that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SeniorCare Complete and AbilityCare depends on contract renewal.



**We can help
you with your
diabetic health!**

Understanding Your A1C Test

What is the A1C test?

The A1C is a blood test that tells you what your average blood sugar (blood glucose) levels have been for the past two to three months. It measures how much sugar is attached to your red blood cells. If your blood sugar is frequently high, more will be attached to your blood cells. Because you are always making new red blood cells to replace old ones, your A1C changes over time as your blood sugar levels change.

What is eAG?

eAG stands for estimated average glucose and is your estimated average blood sugar. This number translates an A1C test result into a number like the one you see when you test your blood sugar at home. For example, an A1C of 7% means that your average sugar for the last two to three months was about 154 mg/dL.

What does an A1C/eAG result mean?

Usually, your A1C gives you general trend in your blood sugar that matches what you see with your day-to-day blood sugar checks. Sometimes, however, your A1C result may seem higher or lower than you expected. That may be because you aren't checking your blood sugar at times when it's very high or very low.

Use the chart below to understand how your A1C result translates to eAG. First find your A1C number on the left. Then read across to learn your average blood sugar for the past two to three months.

A1C	Average Blood Glucose (eAG)
6%	126 mg/dL
6.5%	140 mg/dL
7%	154 mg/dL
7.5%	169 mg/dL
8%	183 mg/dL
8.5%	197 mg/dL
9%	212 mg/dL
9.5%	226 mg/dL
10%	240 mg/dL
10.5%	255 mg/dL

How often should I have an A1C?

If you are diabetic, your doctor will check your A1C every 3-6 months. If your medication is changing, you are making other changes in how you take care of yourself, or other things might be affecting your blood sugar, you may have it checked more often.

What is a good target for A1C?

The American Diabetes Association® (ADA) recommends a target for A1C of less than 7% for most adults. You and your doctor may decide on a higher or lower target depending on your treatment goals and other factors. The closer you get to your target, the better your chances of preventing or delaying problems from diabetes that can develop over time. Studies have shown that for every one-point decrease in A1C levels, you reduce your risk of long-term diabetes complications by up to 40%.

What if my A1C is different from what I expected?

If your A1C is different from what you expect, talk to your doctor. You may need to check your blood sugar more often or use a continuous glucose monitor (CGM) to get a better idea of how your blood sugar is changing throughout the day.

Do I still need to check my blood sugar with a meter if I get the A1C test regularly?

Yes. You'll use your meter results to make day-to-day decisions. The A1C gives you an overall idea of what's going on and how your treatment plan is working at the times you aren't checking with your blood sugar. If you have any questions regarding your treatment plan, please contact your doctor.

What could a diabetes telehealth visit look like?

Many of us are used to meeting our doctors in person. Virtual visits are an option to see your doctor with the use of a cell phone, tablet and computers in a video conference called a telehealth visit.

For more details on telehealth visit go to our website at <https://mnscha.org/wp-content/uploads/2021/08/5735.pdf>.

If you need help scheduling an appointment or have questions, call Member Services at 1-866-567-7242.

TTY: 1-800-627-3529 or 711

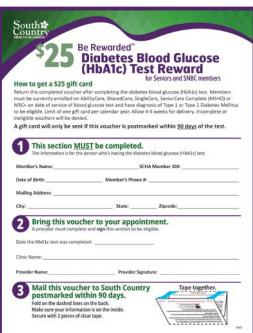
Hours are 8 am - 4:30 pm, Monday - Friday

For more details about our wellness programs and health education materials, scan this QR code with your smartphone camera.



You can also visit our website at <https://mnscha.org/members/step-up-for-better-health/education-self-help/>.

Bonus Gift Card Offers:



Receive a \$25 Gift Card

When you see a provider regarding your diabetes and have your blood glucose (HbA1c) test.



Receive a \$25 Gift Card

Attend at least (1) annual preventive dental care visit to correct any problems with your teeth and gums before they become serious.