



Special Benefit for MVP Health Care® Medicare Advantage plan members living with diabetes—

\$0 co-pay for routine podiatry visits.

People living with diabetes need to give their feet extra care and attention. Diabetes can damage the nerve endings and blood vessels in feet, making it more difficult to know when your feet are injured, which may lead to falls. Diabetes can also interfere with your body's ability to fight infection. If you develop a minor foot injury, it could become an ulcer or develop into a serious infection.

To help MVP Medicare Advantage plan members keep up with their diabetic foot care, your health

plan includes a **\$0 co-pay for routine podiatry visits.**

Routine podiatry visits address preventive foot care services, including cutting or removing corns and calluses; trimming, cutting, or clipping nails; and treating minor wounds.

To use this benefit, schedule a routine diabetic foot check with your podiatrist.



*See reverse side
for diabetes
management tips.*



Questions? Call the MVP Medicare Customer Care Center

1-800-665-7924 (TTY: 1-800-662-1220)

Monday–Friday, 8 am–8 pm Eastern Time | From Oct. 1–Mar. 31, call seven days a week, 8 am–8 pm






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Diabetes Care Checklist

Managing your diabetes is important to your overall health and may help prevent future problems. Keep your disease under control with regular doctor visits and good daily routines.

Get Regular Tests and Screenings

The following tests are needed at least yearly. Talk to your doctor about these tests and what your results mean to you.

-  **Dilated Eye Exam**
A yearly dilated eye exam by an eye doctor should be done because, over time, diabetes can affect your eyes. This exam should be done even if your medical doctor has examined your eyes.
-  **Hemoglobin A1c (HbA1c)**
This test shows your average blood sugar level over the previous 2–3 months. Having a test result of less than 8% can reduce your risk of complications such as kidney damage, blindness, and nerve damage.
-  **Urine Protein**
This test checks for early signs of kidney problems which can be treated and can help prevent future problems.
-  **LDL Level**
Sometimes called “bad” cholesterol, it contributes to the formation of plaque in the arteries, which can lead to a heart attack.
-  **Complete Foot Exam**
People living with diabetes are prone to poor circulation, nerve damage, foot ulcers, and infections, which can lead to serious foot problems.

Make Healthy Choices

There are things you can do to stay on track when living with diabetes.

- **Take all medications** as ordered by your doctor.
- **Take care of your feet.** Wear socks and supportive shoes that fit well, and inspect your feet and toes daily for blisters and breaks in your skin.
- **Be active.** You don't have to go to a gym. Anything that gets you moving—from going for a walk to vacuuming—is good for you.
- **Eat healthy foods.** Focus your diet on lean proteins, fruits, vegetables, low fat dairy, and whole grain products. Try some variety in the foods you choose!