

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 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 members with no minimum amount of attendance days required, and up to \$65 reimbursement a month for 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.



FOCUSED ON
Community, Family, Health

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 document, 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_6950_M; H2419_6950 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!

What is the A1C test?

What is eAG?

What does an A1C/eAG result mean?

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?

What is a good target for A1C?

What if my A1C is different from what I expected?

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

Bonus Gift Card Offers:

[illegible]



Senior Care
of the
Midwest

the change of your life

\$25 per hour
for a 2-hour
visit

Dental Visit for Seniors and SMC members

Good dental care is an important part of overall general health, especially for individuals experiencing chronic health conditions. Senior Care of the Midwest is pleased to offer dental services to our members. This service is available to members with good dental insurance with your teeth and oral care covered by your dental insurance plan. This service is available to members with good dental insurance with your teeth and oral care covered by your dental insurance plan.

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SMC is completed by member (SM and each adult)

Member's Name _____	SMC Member No. _____
Date of Birth _____	Member's Phone # _____
Member's Mailing Address _____	State _____ Zip _____

SMC is completed by member State of service of member _____ DTC # _____

Signature and printed name of member _____ Signature, Address, Insurance Coverage, or SMC ID of parent or guardian _____

Print Name _____ Possible Signature _____

to be sent to pharmacy When the mailing directions on the back of this receipt.

Signature and printed name of physician, pharmacist, caregiver, insurance provider, or SMC ID of parent or guardian _____

Receive a \$25 Gift Card

Receive a \$25 Gift Card

What could a diabetes telehealth visit look like?

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 - 5 pm, Monday - Friday



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