

Do you have Diabetes?

Health Republic Insurance of New York (Health Republic), offers various ways to support our members who have diabetes. Studies show that early intervention that is built around self-management, education, and timely reminders can help prevent and control diabetes, as well as reduce complications for people who have already been diagnosed with the disease.

Health Republic would like to help you to manage your diabetes care. The more we learn about you and your health care needs, the better prepared we are to serve you as we design and develop our innovative diabetes program. One way you can help us do this is by logging in to your Health Republic member account to take our General Health Assessment (www.newyork.healthrepublic.us).

Do You Need Diabetes Equipment and Supplies?

When you need diabetes equipment and supplies, such as test strips, lancets, glucose meters, infusion pumps or more from an **in-network** diabetes supply vendor, you can call our service number at 1-888-990-5702 and speak with a Wellness Coach or a Member Service Representative. Or you can log in to your Health Republic account, 24 hours a day, 7 days a week, at www.newyork.healthrepublic.us. Follow the directions below to find a vendor:

- Click “Find a Provider”
- In the “Search For” box select “Providers”
- Under “Physician Type” choose “Specialist”
- Under the “Specialty” choose “Durable Medical Equipment”
- Choose or fill in the remaining information (network plan, language, location, etc.) to refine your search
- Click “Search”

Note: Test strips, lancets, needles and syringes can also be obtained through your local pharmacy.

Do You Have Questions about Diabetes Medication or Supplies?

We recommend you first speak with your doctor. However, our Pharmacy Department is also here to support you and is a resource to answer some of your basic questions about medications and supplies. Simply provide your questions via email to **[TBD from Vivian]**.

Do You Need a Dilated Retinal Eye Exam?

This important test is recommended for anyone who has type 1 or type 2 diabetes and can help with early detection of diabetic eye disease. Most people need this exam every 1 to 2 years. Check with your doctor about how often you should have the exam. If you need to schedule your dilated retinal eye exam, you may do so with an **in-network ophthalmologist** specialist. Please note that your copays and deductibles apply, so be sure to consult your plan benefit details for more information.

Do you need to see a Dietician / Nutritionist?

Nutrition therapy is an essential part of diabetes management. Good nutrition knowledge is a very powerful tool for a person with diabetes.

Many people with diabetes are frightened about the prospect of meeting with a nutritionist. They are worried that they will be told to give up all their favorite foods forever; that they will never be able to eat out in a restaurant again; and that they will have to eat “rations” instead of “real” food.

The good news is that these fears are unfounded. People are amazed by the fact that any food can fit. One of the primary goals of nutrition therapy is to integrate peoples’ food preferences as well as their overall lifestyles into their meal plans.

If your doctor thinks that it is necessary for you to see a Dietician / Nutritionist due to a significant change in your symptoms or condition, Health Republic has a network of Dieticians and Nutritionists who can assist you in managing your diabetes through education about meal planning. You can find a Dietician / Nutritionist in our network by logging on to our website and accessing our Provider Directory.

Self-Management Education and Health Information Library

If you would like more information on **diabetes self-management education** classes available in your community, including important nutrition and lifestyle information, there are several ways to locate them:

- Speak with your doctor to find out if there are any in your area that your doctor recommends.
- Search the Center for Excellence in Aging & Community Wellness [workshop locator](#) by entering your zip code. [\[Links to CEACW website\]](#)
- Call Health Republic at 888-990-5702 to speak with a Wellness Coach for assistance with locating these classes and other community resources that may be available to you.

Also as a member, did you know that you can access our **health information library** for information about diabetes care? Simply log in to your member account and click on “health information library” in the Member Center. You’ll find written materials in English and Spanish about diabetes treatment, and self-management care on a range of topics like the importance of foot care, nutrition information, managing your blood sugar levels, vision care and other tests and checkups you may need.

Prevention and control of diabetes is very important so that you can avoid long lasting complications. So schedule a visit today with your doctor, and get timely and annual screenings.

Remember: We are on your team, so continue to let us know how we can help you to better manage your care.