



COMMUNITY HEALTH PLAN
of Washington™

The power of community

Diabetes Care Program

A whole team supporting your health



When it comes to managing your health and well-being, you're not alone. Community Health Plan of Washington (CHPW) supports you with a care plan that's built to meet your needs.

Here are some things our Diabetes Care Program can help you with:



Eating healthier



Understanding your medicines



Becoming more active



Connecting you with local resources



Improving your sleep



Coping with stress



Improving diabetes self-management



Reaching and keeping a healthy weight

Has your provider told you that you have prediabetes?

This is when your blood sugar is high but not high enough to be diagnosed as diabetes.

If you have prediabetes, losing weight, eating better, and increasing your physical activity can help prevent diabetes. CHPW's Diabetes Care Program can support you in your journey toward a healthier lifestyle.

What is the Diabetes Care Program?

CHPW's Diabetes Care Program helps you make lasting lifestyle changes to improve your overall health. It is for members with:

- Prediabetes
- Type 2 Diabetes
- Type 1 Diabetes

Our Diabetes Care Team includes Case Managers and Health Coaches. They will work with you to develop a wellness plan that fits into your daily life, making realistic and lasting changes.

How do I enroll in the program?

To get started with the Diabetes Care Program contact CHPW at 1-866-418-7008 (TTY: 711)

As a CHPW member, the Diabetes Care Program costs you \$0.

Customer Service

Apple Health (Medicaid)

1-800-440-1561 (TTY: 711)

8 a.m. – 5 p.m., Monday through Friday

Medicare

1-800-942-0247 (TTY: 711)

8 a.m. – 8 p.m., 7 days a week

Individual & Family

1-866-907-1906 (TTY: 711)

8 a.m. – 5 p.m., Monday through Friday

Community Health Plan of Washington is an HMO plan with a Medicare contract and a contract with the Washington State Medicaid program. Enrollment in Community Health Plan of Washington depends on contract renewal. Community Health Plan of Washington complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Under Washington law, people have a right to be free from discrimination because of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability. If you need an accommodation, or require documents in another format or language, please call 1-800-440-1561 (TTY: 711) Monday to Friday, 8:00 a.m. to 5:00 p.m. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-1561 (TTY: 711). 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 1-800-440-1561 (TTY: 711).