



HOSPITAL	CONTACT	PHONE	Product Line
Akron Children's Hospital One Perkins Sq. Akron, OH 44308	Janet Haas, RN, CDE	330-543-3208	H
Bay Park Community Hospital 2801 Bay Park Dr. Oregon, OH 43616 	Pat Misthal, RN, CDE Recognized by the American Diabetes Association	419-690-8774 For scheduling call 419-690-7979	H/A/E
Bixby Medical Center 818 Riverside Ave. Adrian, MI 49221 		517-424-3388	H/E
Blanchard Valley Regional Health Center 145 W. Wallace St. Findlay, OH 45840	Elaine Weaver Danielle Kieffer	419-423-5434	H/A
Bucyrus Community Hospital 629 N. Sandusky Ave. Bucyrus, OH 44820	Pam Armstrong, RN, CDE	419-562-4677 Ext. 3315	H/A
Defiance Regional Medical Center 1200 Ralston Ave. Defiance, OH 43512 	Debbie Radcliff, RD,LD Dietary Department	419-783-4492	H/A/E
Endocrine & Diabetes Care Center 3140 W. Central Ave. Toledo, OH 43606	Recognized by the American Diabetes Association	419-537-5111	H/A/E *Physician Office copy applies
Firelands Regional Medical Center 1101 Decatur St. Sandusky, OH 44870	Jean Feick, RN, CDE Recognized by the American Diabetes Association	419-557-6994	H/A
Fisher-Titus Medical Center 272 Benedict Ave. Norwalk, OH 43560	Tracy Stadler, RD, CDE Recognized by the American Diabetes Association	419-668-8101 Ext. 1254	H
Fostoria Community Hospital 501 Van Buren St. Fostoria, OH 44830 	Shirley Conley, RN, BSN, CDE Recognized by the American Diabetes Association	419-436-6629	H/A/E
Fulton County Health Center 725 S. Shoop Ave. Wauseon, OH 43567	Susan Dittes, RN, B.ED, CDE Recognized by the American Diabetes Association	419-330-2772	H/A

HOSPITAL	CONTACT	PHONE	Product Line
Galion Community Hospital 269 Portland Way South Galion, OH 44833	Wendy Butz, RN, CDE	419-468-0717	H
Henry County Hospital 11-600 State Rte. 424 Napoleon, OH 43545	Jane Overbaugh, RN, BSN	419-592-4015 Ext. 387	H/A
Herrick Memorial Hospital 500 E. Pottawatamie St. Tecumseh, MI 49286 		517-424-3388	H/E
Magruder Hospital 615 Fulton St. Port Clinton, OH 43452	Kathy Buckingham, RD, LD Sue Blankenbeker, RN, BSN	419-734-3131 Ext. 861	H/A
Med Central Health System 335 Glessner Ave. Mansfield, OH 44903	Cynthia Welch, RN, BSN, CDE Recognized by the American Diabetes Association	419-526-8541 To schedule 419-526-8333	H
Mercy Memorial Hospital 718 N. Macomb St. Monroe, MI 48162	Sherry Bussell Recognized by the American Diabetes Association	734-240-4476	H
ProMedica Diabetes Care Center 3909 Woodley Rd. Suite 200 Toledo, OH 43606 	Diabetes Care Center Recognized by the American Diabetes Association	419-291-6767	H/A/E
St. Francis Health Care Centre 401 N. Broadway Green Springs, OH 44836	Health Education Center	419-639-2626 Ext. 4250	H
Wood County Hospital 950 W. Wooster St. Bowling Green, OH 43402	Vonda Hettherington, RD,LD,CDE Education Program Recognized by the American Diabetes Association	419-354-8863 Ext. 1508, #2	H/A/E
Key: H = Commercial HMO A = Paramount <i>Advantage</i> E = Elite			

DIABETES MADE SIMPLE!

Tired of creating to-do-lists? Let Paramount help by creating it for you!

DAILY TO-DO LIST

- ✓ Check blood sugar as prescribed
- ✓ Take medication as prescribed
- ✓ Eat whole grains, fruits, and vegetables
- ✓ Follow your meal plan
- ✓ Exercise 30 - 60 minutes or as planned by you and your healthcare provider
- ✓ Examine feet and skin carefully

YEARLY TO-DO LIST

- ✓ **HEMOGLOBIN A1c** test: two to four times per year. For good control, your result should be less than 7%.
- ✓ **LIPID PROFILE** : annually
LDL -less than 100
HDL -for women above 50, for men above 40
Total cholesterol - less than 200
Triglyceride - less than 150
- ✓ **DILATED EYE EXAM** - annually
- ✓ **NEPHROPATHY** test - annually
- ✓ **FLU SHOT** - annually
- ✓ **BLOOD PRESSURE** - below 130/80
- ✓ **DENTAL EXAM** - every 6 months

Congratulations, if you've had all the recommended testing. If you haven't, please call your doctor today to schedule! Remember diabetes is not your fault, but it is your responsibility so; please make the call!

To learn more about diabetes management, go to www.paramounthealthcare.com, click on **Better Health For Life**, then click on **Outcome Improvement**.

DIABETES Benefits

Outpatient diabetes education classes are a covered benefit at participating Paramount hospitals. In addition, lab work (e.g., HbA1c, microalbumin and lipid profiles) and annual medical eye exams are covered benefits. Depending on your benefits, deductibles and co-pays may apply. Diabetic supplies (i.e., glucometers, test strips and lancets) are also covered under most benefit plans. If you have questions about your benefits or need a list of participating hospitals, call Member Services at the numbers listed at the right.

Paramount
PO Box 928
Toledo, Ohio 43697-0928
Member Services Department
Telephone: 419-887-2525 or
1-800-462-3589
TTY Users: 1-888-740-5670

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DIABETES EDUCATION PROGRAMS



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