Your Diabetes Resources

As a Paramount plan member, you have access to a variety of tools and resources that can help you manage your diabetes. A few are listed below. On the back, you'll find a checklist of important screenings you should get on a regular basis.

Programs to Help Manage Chronic Conditions

Support the care you receive from your providers at no additional cost. To learn more, call Member Services at 1-800-462-3589 (TTY: 711 for hearing impaired) Monday through Friday 8 a.m. to 5 p.m.

Tobacco Cessation

Smoking increases your chances of getting diabetes and makes it harder to manage diabetes if you already have it. To start living tobacco free, call the Ohio Quit Line at **1-800-QUIT-NOW (1-800-784-8669).**

American Diabetes Association®

Visit the American Diabetes Association at Diabetes.org for more information about living with diabetes, including healthy recipes, fitness tips and diabetes management education.

Medication Management

Using mail order for your diabetes medications may save you time and money while making sure you don't run out of medication. Call Member Services at 1-800-462-3589 to see what is available under your benefits plan.

Diabetes Self-management Education and Support Classes

You can access diabetes self-management education and support (DSMES) classes at no cost to you. You will need a referral from your primary care provider, nurse practitioner or endocrinologist to sign up for classes.

Questions?
For questions about your Paramount health plan, call Paramount Customer Care at 1-800-462-3589 (TTY 711 for hearing impaired).

© 2026 Paramount Healthcare
X11670-PAR 33.26

PARAMOUNT

Keep Your Diabetes in Check

Make a plan to complete these recommended screenings:

Screening	How Often	Goal
A1C blood test Monitor blood glucose levels. The lower your A1C level, the lower your risk of complications. A1C tests offer early detection or prevention of eye damage, heart attack, stroke, nerve damage, foot amputation and kidney disease.	Twice a year or as directed by your provider	Less than 7%
Blood pressure check Early detection of heart disease.	Every office visit; discuss at every telehealth visit	Less than 130/80 mmHg
Cholesterol test Early detection and prevention of heart disease and diseases of the blood vessels.	Once a year	Work with your provider to determine the right target and if you should be taking a statin medication
Kidney health evaluation (urine and blood tests) Early detection of kidney disease. ***Urine test*** *Measures the amount of protein (albumin-to-creatinine) in urine.* ***Blood test*** *Measures how well your kidneys are filtering (also known as the glomerular filtration rate).*	Once a year or as directed by your provider; tests should be completed on the same day if possible	Work with your provider to evaluate your results
Fracture Risk ***Bone Mineral Density Test*** A test to measure if your bones are weak and would easily break.	**Adults older than 65** Every 2 years **Younger individuals** As directed by your provider	Work with your provider to evaluate your results
Liver Function Test A blood test that checks how well the liver is working.	Once a year	Work with your provider to evaluate your results
Foot exam Prevention of non-healing wounds, pain and impaired mobility.	Daily self foot checks; once a year exam or at every office visit if you have reduced feeling, ulcers or deformities	No injuries or wounds; no numbness or tingling in feet
Weight management Lowers risk for heart disease, stroke, kidney damage and impaired blood glucose control.	Once a year or at every office visit	Manage a healthy body mass index (BMI) with your provider; they may decide weight loss is needed
Diabetic retinal eye exam Early detection of eye damage or vision changes.	Every one to two years, depending on results	No signs of retinopathy (damage to blood vessels in the back of the eye)
Regular physical activity Talk to your provider before starting an exercise regimen.	150 minutes of physical activity a week	Follow a regular fitness routine that works for you
Diabetes and mental health screenings Addresses potential feelings of diabetes distress, depression, anxiety, fear of hypoglycemia, eating disorders and stress.	Once a year	Receive the tools and support you need for your mental health

These recommendations are informational only and do not take the place of professional medical advice, diagnosis or treatment. You should make decisions about your care with your healthcare providers—your providers may set different goals for you. What is covered by your plan will be based on your specific benefit plan.

American Diabetes Association® is a registered trademark of the American Diabetes Association.