



Participant Success Story

Diabetes

Health Concerns

A male participant is requesting guidance on how to effectively stop smoking and lose weight to improve his overall health.

Discoveries

- He is not following a meal plan to manage his diabetes or weight.
- The participant has a body mass index of 38.7 and he does not follow a regular exercise routine.
- The participant's blood pressure level is 130/64.
- He is unaware of his lipid levels and his blood glucose levels are elevated.
- The participant has not received a diabetic retinal exam or flu vaccine in several years.
- The participant is a frequent smoker.

Interventions

- The Care Manager reviewed the benefits of diet and exercise on blood glucose levels, blood pressure levels and body mass index.
- She encouraged the participant to set a goal to walk for 30 minutes, four days a week.
- The Care Manager reviewed the plate method of eating and sent support materials on diabetes, diet and exercise.
- The Care Manager explained the importance of diabetic retinal exams and flu vaccines.
- The Care Manager provided resources to assist in smoking cessation and shared useful tips to manage urges to smoke.
- She explained the importance of tracking lab results and discussed ways to improve them.

Improvements

- The participant received a flu and pneumonia vaccine and is scheduled to receive a diabetic retinal exam.
- He lost seven pounds and reduced his body mass index to 36.5.
- The participant is following a meal plan and walks 1.5 miles daily.
- The participant's blood pressure is stable at 110/70.
- He monitors his blood glucose levels daily and the levels are now in normal range.
- The participant will request copies of his lab results to better track his progress.



PARTICIPANT PROFILE

A 59-year-old male with diabetes is enrolled in the Alere Diabetes Program.

PARTICIPANT QUOTE

"I plan to continue my focus on diet and exercise to improve my health."