

# Diabetes Case Management Program

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RACHELLE TWICHELL, R.N.  
diabetes nurse educator

**M**ESSA members and their dependents with diabetes can get personal help through MESSA's Diabetes Case Management Program.

MESSA's program is based on the latest guidelines from the American Diabetes Association, and is appropriate for individuals with any type of diabetes, including Type 1, Type 2 and gestational.

Members who sign up for the free program will be contacted by **Rachelle Twichell, R.N.**, MESSA's diabetes nurse educator. Rachelle can provide important information, encouragement and guidance to help you reach your diabetes health goals, including:

- A handbook for partnering with your physician that explains American Diabetes Association guidelines, provides a place to record test results and lists services and supplies covered by MESSA
- Helpful information to help you better communicate with your health care providers
- An assortment of materials to help you learn more about diabetes self-management

Millions of children and adults in the United States have diabetes — and many more have prediabetes and are at risk for developing Type 2 diabetes. Diabetes can take a toll on your health, according to the American Diabetes Association, leading to heart attacks, strokes, kidney failure, vision loss, nerve damage and more.

Rachelle is here to help you manage your diabetes and reduce the risk of more serious complications.

To learn more about MESSA's Diabetes Case Management Program, call **800.336.0022** and select **prompt 3**.

