

Moving on...

Days go by. Days turn into weeks and weeks turn into years. It comes time to move on. Maybe it is planned or it may not have been planned.

Whatever the reason for moving on you need to be prepared. Stepping out on that last day means you are on your own. BE PREPARED.

Be prepared ...

- ▶ **to continue medications**
- ▶ **to continue seeing a diabetes doctor**
- ▶ **to have help paying for healthcare**
- ▶ **to know who can help you problem solve**
- ▶ **to have help with food and exercise**
- ▶ **to stay healthy**

On that last day you will say good-bye to the whole diabetes team. You will say good-bye to doctors, diabetes educators, nurses, and secretaries. You will say good-bye to all the services they gave. You need to replace everyone. You need to replace all that was done to help you control your diabetes. How do you do that?

... To continue medication – Before that last day,

- ▶ Write down the names of the medications you have been taking
- ▶ Call local pharmacies to get prices on these medications
- ▶ Ask if it costs less if you buy more than a one month supply

If you are on a medical insurance plan, call that insurance company and ask:

- ▶ What medications are covered?
- ▶ Where to get the medicines at the least cost?
- ▶ How prescriptions should be written if mail order is used?
- ▶ Do I have a deductible or co-pay?

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Moving On...

... **To continue seeing a diabetes doctor** - It is important to see a doctor who specializes in diabetes. This type of doctor is listed in the phone book under "Endocrinologist" in the Physician section. You may ask your family doctor or the diabetes research doctor if he or she would suggest one. The local American Diabetes Association office may also have a list of diabetes doctors.

Choose a diabetes doctor before your last visit with your present team.

- ▶ Call the new doctor's office to make an appointment
- ▶ Make the appointment as soon as possible after moving on
- ▶ Take information to the appointment about you and your research study
- ▶ Don't forget to take your logbook

When the time comes to move on - Be prepared ...

... **To have help paying for healthcare** – Health and medical insurance may help pay for medications and doctor visits. Insurance may be a family plan or just for one person. Insurance may be a job benefit or government assistance (Medicaid).

Most insurance companies have several different insurance plans. All insurance plans have rules to qualify for their coverage. Every state has different rules.

Any item below may be included in the rules. These things might help you get insurance or keep you from getting insurance:

- ▶ age
- ▶ pregnancy
- ▶ married
- ▶ not married
- ▶ working
- ▶ not working
- ▶ a student
- ▶ student over age 25
- ▶ income
- ▶ medications
- ▶ medical conditions

If you already have health insurance, call to see if there have been recent changes.

What if you have no insurance and need more information?

- ▶ Call your state Insurance Commissioner or state Insurance Dept. They are listed in your telephone book under state government offices.
- ▶ The billing person in a doctor's office may also have information.
- ▶ Schools and churches may know about insurances or free clinics.
- ▶ Call your county Health Department. They may know about free or low cost clinics.

TODAY

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Be prepared

- ... to know who can help you solve diabetes problems
and
- ... to have help with food and exercise

Problem solving may have been something new you learned.

Learning how food and exercise affect blood sugars may also have been new.

You've learned a lot. But you may need to know more. You may feel you need help in doing what you have learned. You want to know who can help.

If you have insurance, you may have a book which lists dietitians, psychologists, and exercise therapists. Check with your insurance company before you make an appointment. There may be certain things you must do to have insurance help cover the costs.

If you are going to continue seeing a diabetes doctor, he or she may have a diabetes team that includes these professionals. Or, your family doctor may know of a Certified Diabetes Educator that comes to your area.

Know who to call and how to call for help before you say good-bye.

BE PREPARED TO STAY HEALTHY FOR THE FUTURE WHEN SAYING GOOD-BYE.