



### Participant Profile

A 63-year-old male with diabetes is enrolled in the *Alere Diabetes Program*.

### Success Story Summary

A participant needed education about his condition in order to improve his overall health. The Care Manager discussed diet and exercise and also reviewed the importance of keeping blood sugar levels in the normal range. Through education the participant was able to make healthier lifestyle choices and is now effectively managing his diabetes through diet, exercise and blood sugar control.

### Participant Quote:

"I want to become more informed about my health."

### Health Concerns

A male participant, suffering from diabetes, needs education on how to effectively manage his condition.

### Discoveries

- The participant is 6'2", 300 pounds and has an elevated body mass index of 38.5.
- His blood sugar levels are outside the normal range.
- He is not following a diabetic meal plan and does not understand portion control.
- The participant is not exercising as prescribed by his physician.
- He reports drinking alcohol two to three times a week.

### Interventions

- The Care Manager educated the participant on portion control, the plate method of eating, carbohydrate counting and reading food labels.
- She referred the participant to a registered dietitian.
- She discussed the affect an elevated body mass index has on diabetes and stressed the importance of exercise.
- The Care Manager reviewed blood sugar levels and the importance of keeping these values within the normal range.
- The Care Manager explained how daily alcohol consumption could affect his condition.
- The participant was sent educational material regarding alcohol, diabetes, carbohydrates and weight loss.

### Improvements

- The participant is now following a meal plan and utilizes the plate method of eating to control portions.
- He is exercising consistently and states he is thinking about joining a gym.
- The participant's blood sugar levels are now within a normal range.
- He reports a reduced level of alcohol consumption.