

Save money with diabetes

What do you need to know?

Health Care

- If you have health insurance, call your insurer to ask which diabetes supplies, medicines, and equipment are covered.
- If you have Medicare, the Senior LinkAge Line at 1-800-333-2433 can tell you what is covered and list other services you can use.
- If you can't afford to see a doctor, find a community clinic at <http://mnachc.org> or <http://www.stmaryshealthclinics.org> to see if you qualify for free or low cost services, including dental, mental health and more. Ask your clinic if they have a sliding fee scale.

Medicines

- Several programs offer discounts for prescription medicines and supplies. Ask your clinic to enroll you if you qualify.
- Talk to your pharmacist about ways to save money on your medicines, such as 90-day refills, generics or combination pills.
- There are many treatments for diabetes. Ask your doctor, nurse or diabetes educator if your treatment can be changed to cost less.

Diabetes Supplies

- Ask your clinic or insurer for ways to save on diabetes supplies.
- Look for coupons and deals such as a free glucose meter when you purchase test strips. Diabetes magazines often have coupons.
- Some drug stores place health magazines by the pharmacy counter. Look these over for useful articles, tips and coupons.
- Visit the Minneapolis Diabetes Expo (in October) where you can find samples, coupons and free items of different companies. Call 1-800-342-2383 or see www.diabetes.org/expominneapolis.

Why is this important?

Knowing what is covered by insurance can help you and your doctor choose a treatment plan to save you money.

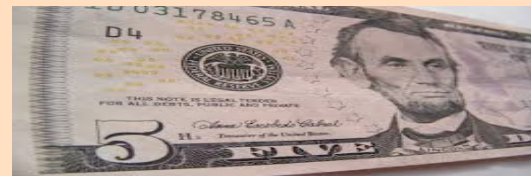
Do not be afraid to tell your doctor what you can and cannot afford to pay.



Medicines work – but only if you take them!

Do not cut back on your medicines. Talk to your doctor if you cannot afford to follow your treatment plan.

If supplies are important to your treatment, look for ways to get affordable supplies to continue with your treatment plan.



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What do you need to know?

Shopping

- Make a shopping list and stick to it.
- Check out daily/weekly specials and use coupons.
- Buy store brands, bulk items and generic goods to save money.
- Look at goods on high and low shelves for the best buys.

Meals

- Use a crockpot or slow cooker to cook cheaper cuts of meat.
- Cook 2-3 meals at a time. Freeze them for days that you do not have time to cook.
- Make 2-3 recipes at one time using the same ingredients; such as ground turkey to make both tacos and chili.

Staying Healthy

- Keep your blood sugar and blood pressure under control.
- Eat healthy and cut portion sizes to lose 7-10 pounds if you are overweight.
- If you smoke, call the QUITPLAN at 1-888-354-7526 or see <https://www.quitplan.com>.
- Stay active without spending money – use the stairs, park farther away from the door, lift soup cans for strong arms, or do push-ups against the wall.
- Get your immunizations, including a flu shot every year.
- Take care of your teeth and mouth – brush and floss daily and visit your dentist regularly.

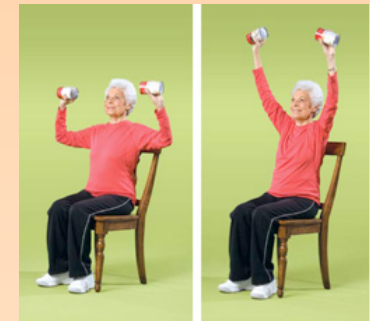
Why is this important?

- Having a list saves you time and extra trips to the store and also helps you choose healthy food.
- Buying foods in bulk is less expensive.



- Having healthy meals on hand makes it easier to avoid eating unhealthy snacks and fast foods.

- A healthy lifestyle can prevent diabetes complications and may lower your need for medicines, supplies and services.
- Quitting is free. Smoking can cost you dearly.



- Diabetes puts you at greater risk for painful and costly gum disease and tooth loss. Mouth pain is a leading cause of emergency room visits.