Better health is within reach with UMR Disease Management

UMR’s disease management team is made up of registered nurses who can motivate and guide you in making informed decisions to control your diabetes. Our nurse coaches are available at times that are convenient to you. They can help you set goals for your health and discuss strategies for success. Our coaches have helped members like you adjust their diet and lose weight to better manage their diabetes and reduce the need for medications. Most importantly, our coaches can arm you with the confidence to take charge of your health and welcome the rewards that follow.

UMR Disease Management nurse coaches help people like you achieve real results and lasting success. Please call 866-575-2540 to enroll.
How the program works

The U of A Diabetes Management Program is available at no charge to eligible U of A members. This program offers the support needed to help you reach your optimal health care goals and adhere to the treatment plan established by your physician.

Members enrolled in the U of A Diabetes Management Program will receive periodic calls from a UMR Disease Management registered nurse health coach to discuss:

- Signs and symptoms of diabetes
- Medications and medication adherence
- Importance of a healthy diet
- Doctor appointments
- Prevention of hospital admissions
- How to monitor and record your glucose levels

Take advantage of this opportunity to speak with a health coach as a first step on your road to better health.

If you are identified as high-risk, you may be invited to work with a health coach to help you bring your diabetes under control. You can also self-enroll by calling UMR Disease Management at 866-575-2540.

It takes more than medication to manage your diabetes. By using all the resources available, you can take control of your condition and improve your overall health and well-being.

Call UMR Disease Management at 866-575-2540 to enroll in the U of A Diabetes Management Program today.