



Frequently asked questions

What is the Moda Health Diabetes Care Program?

Our Diabetes Care program is specially created to help you manage your diabetes. By enrolling in the free program, you'll have the opportunity to work one-on-one with a health coach.

What does a health coach do?

Your health coach will help you learn more about diabetes prevention and/or how to better manage your existing condition. Together, you will be able to set goals, make a plan, and track your progress toward better health with additional guidance and support.

How do I get started working with health coaching?

To enroll in the Diabetes Care program, call our health coaching support team at 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.

What are the different kinds of diabetes?

Type 1 diabetes is when the pancreas does not produce insulin or enough of it to process and break down the glucose (sugar and starches) you eat from foods containing carbohydrates. Type 1 is usually diagnosed in children and young adults, but can also be diagnosed later on in adulthood.

Type 2 diabetes is the most common form of diabetes. It is a growing epidemic that is affecting nearly 10% (over 30 million) Americans. Type 2 develops when the body is no longer able to use insulin properly. This is known as insulin resistance. Type 2 is also when the pancreas is no longer able to produce enough insulin to maintain normal blood glucose.

Gestational diabetes occurs in some women during pregnancy if/when the pregnancy hormones block the normal function of insulin entering into the body's cells. This type of diabetes generally goes away after the woman gives birth, but it can put them at greater risk of developing diabetes later on in life.

Is there a cure for diabetes?

Even though there is no cure for diabetes, it is possible to avoid and/or slow the progression from prediabetes to diabetes. In a clinical trial conducted by the National Institutes of Health, the Diabetes Prevention Program found that modest lifestyle changes in healthy eating and more physical activity that results in 5%-7% weight loss can reduce the risk of type 2 diabetes by 58% in high risk individuals.

What is hemoglobin A1c?

The hemoglobin A1c is a blood test that measures someone's average blood glucose (blood sugar) control over the past 2 to 3 months. The results can be a good indicator of how well they are managing their diabetes or if their treatment plan is effective. The goal for most diabetics is to maintain an A1c level of 7% or less, which is roughly equivalent to an average blood sugar level of 154 mg/dl.

What should my blood glucose goals be?

If you are an adult with diabetes, the American Diabetes Association recommends the following blood glucose ranges:

- › Fasting or pre-meal blood glucose 80-130mg/dl
- › 2 hours after the start of meals <180 mg/dl

However, blood glucose goals are individually determined based on the following factors: durations of diabetes, age/life expectancy, co-morbid conditions, known cardiovascular disease or advance microvascular complication, hypoglycemia unawareness, and other individual considerations. Talk with your primary care provider to determine your goals.

Source: diabetes.org