

<Date>

Dear Member,

PrimeWest Health's Performance Improvement Project (PIP) called **Blood Pressure Control for Members with Diabetes** is in its second year of implementation. By now you have received information that explains the importance of blood pressure.

The foods you eat can have a big effect on blood pressure. PrimeWest Health wants to help you keep your blood pressure in check by making healthy meal choices. We have enclosed helpful information on how to "create your plate" from the American Diabetes Association (ADA) to help you. Have you done your part and spoken to your health care provider about your diet and its effect on your blood pressure?

In addition to sticking with a healthy diet, the following are three key things that PrimeWest Health would like everyone to do:

1. Work with your health care provider to establish a blood pressure goal
2. Work with your health care provider to develop a plan to manage your blood pressure
3. Monitor your blood pressure at home and/or in the community

Taking part in these simple steps can help keep you healthy. Remember, your health care provider can also prescribe a home blood pressure monitor for you if appropriate. Additionally, PrimeWest Health has enclosed *Dining Tips for People with Diabetes* that can help you choose healthy options when dining out.

PrimeWest Health is here to help. Call Member Services at **1-866-431-0801** (toll free) for more information. Talk with your health care provider if you have questions about your blood pressure or diabetes.

Sincerely,

PrimeWest Health

Enclosures: *Create Your Plate*
Dining Tips for People with Diabetes

This information is available in other forms to people with disabilities by calling:

TOLL FREE

Member Services: 1-866-431-0801

TOLL FREE MINNESOTA RELAY

TTY, Voice, ASCII, or Hearing Carry Over: 1-800-627-3529 or 711

TOLL FREE SPEECH-TO-SPEECH RELAY SERVICE

1-877-627-3848

Member Services

1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປ ຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

PrimeWest Health will enroll all eligible people who select or are assigned to PrimeWest Health without regard to physical or mental condition, health status, need for health care services, claims experience, medical history, genetic information, disability, marital status, age, gender, sexual orientation, national origin, race, ethnicity, color, religion, political beliefs, or geographic location. PrimeWest Health will not use any policy or practice that discriminates based on such.

American Indians can continue or begin to use tribal and Indian Health Service (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older, this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.