

<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 in people with diabetes and how it relates to other body functions.

Diabetes and high blood pressure can damage your eyes. We have enclosed *Tips for Healthy Eyes* from Merck, which explains how diabetes can affect your eyes. It also tells you about symptoms of eye damage that some people with diabetes experience. Do your part and talk to your health care provider about getting a dilated eye exam.

In addition to getting a dilated eye exam annually, the following are three key things that PrimeWest Health would like everyone to do:

1. Talk with your health care provider to establish a blood pressure goal
2. Talk 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. In addition, PrimeWest Health has enclosed a *Vision Simulator Card*. The card shows you the differences between how someone with normal vision sees and how someone with complications that may be caused by diabetes might see. You can look through each window of the card to experience what each eye condition would be like.

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, diabetes, or their effect on your vision.

Sincerely,

PrimeWest Health

Enclosures: *Tips for Healthy Eyes*
Vision Simulator Card

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 ອັດວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທຮຕາມເລກໂທຮທີ່ຢູ່ຂ້າງເທິງນີ້.

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.