

Member Newsletter



**Community
Care Plan**

The Health Plan with a Heart

**For More Information
Go To CCPcares.org**

**Call Us At
1-866-899-4828**

Community Care Plan
values your care.

If you have any concerns
with your children's
Physical, Occupational or
Speech Therapy Services,
please call Yvie Noel
at 954-622-3272 or
email ynoel@CCPcares.org.

For more information, visit
[CCPcares.org/Members/
Medicaid](https://CCPcares.org/Members/Medicaid)

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Reverse Type 2 Diabetes

Insulin is created in the body to help sugar get into your cells for energy. Type 2 Diabetes is where the body does not make enough insulin or resists the insulin the body does make. It is believed that there are more than 2.4 million people living with Diabetes in the state of Florida. About 90-95% of them have Type 2 Diabetes*.



Type 2 Diabetes can lead to other problems and affect your quality of life. Most doctors treat Type 2 Diabetes with medications, giving patients diets where they eat less and exercise more.

What if someone told you that there is a program that can help you throw out your diabetes medications, save money, and feel better? Reverse Type 2 Diabetes.



Community Care Plan - Medicaid members between 18 and 79 may qualify for our new Diabetes Reversal program through Virta Health.

Virta is a food-based program to help you lower your blood sugar. Led by doctors and health coaches, Virta works with you to make small changes to your diet. These changes to your diet can help reverse type 2 diabetes. They can also help you get off diabetes medication, lose weight, and lower your blood sugar. This means you may need less diabetes medications after starting Virta.

Community Care Plan covers the full cost of Virta for our Medicaid members with type 2 diabetes. What are you waiting for? Visit www.virtahealth.com/ccp today to see if you qualify!*

Start your path to better health!*

*2021 Florida Diabetes Report

**There are some medical conditions that would exclude patients from the Virta treatment.



Diabetes & Pregnancy

Pregnant women should see their doctor or midwife regularly. These visits are key to keeping both mom and baby healthy. At these visits, you will be checked for things such as your weight, blood pressure, urine, and how your baby is growing. These prenatal visits are vital to help prevent worries for both you and your baby.

At around 24-28 weeks of pregnancy, your doctor or midwife will test you for gestational diabetes. Gestational diabetes is high blood sugar that starts in pregnancy. This is different than a woman who has diabetes at the time she gets pregnant.

Both types of diabetes can cause problems for mom and baby if the blood sugar is not controlled. This includes the baby becoming too large, having a higher chance of C-Section, and high blood pressure. High blood pressure could cause your baby to be born too early. So, learning whether you have diabetes while pregnant and taking steps to keep your blood sugar in control are very important.



What can you do?

1. Eat a healthy diet. One that is meant for a person with diabetes.
2. Stay active and exercise. Exercise can be as simple as taking a walk every day.
3. Try to do 30 minutes, 5 times each week. Always talk with your doctor about this first. If ordered by your doctor, check your blood sugar regularly.
4. Take medicines, if prescribed.
5. Keep all your prenatal care visits.
6. While gestational diabetes usually goes away after pregnancy, you should get your blood sugar tested again around 6 to 12 weeks after your baby is born. You want to make sure the diabetes went away.

1 in 2 women who get gestational diabetes get Type 2 Diabetes later in life. You should always get your blood sugar checked at your annual well visit. A healthy diet and exercise plan even when you are not pregnant are always a good idea.

To learn more about gestational diabetes and how to lower your risk? Watch this video: [Gestational Diabetes: Reducing Risk](#)



Sources:
[What is prenatal care and why is it important? | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](#)

[Gestational Diabetes and Pregnancy | CDC](#)