

AppleCare's Center for **Diabetes Care**



APPLECARE
MEDICAL GROUP
Part of OptumCare®

Welcome to AppleCare's Center for Diabetes Care

The Center for Diabetes Care provides AppleCare members comprehensive education and individualized support to manage their diabetes. Our mission is to improve quality of life through easy access to quality care and inspired improvement.

Diabetes and You

Living with diabetes can be complicated. Let us help you! AppleCare wants to make sure you have everything you need to keep your diabetes under control through personalized care and lifestyle counseling.

Visit us or call us to learn more about how our team can support you in achieving your wellness goals!



All of your Care in One Center

We offer all the services you need in one center to make accessing care easy:

- Wellness Visits
- Medication Review and Assessment
- Foot Exams and Toenail Trimming
- Eye Exams
- Nutrition and Exercise Counseling
- Onsite Labs and Specialists

Group Visits and Classes

In addition to individual care, the Center for Diabetes Care offers group visits and classes:

- Nutritional Classes
- Exercise Classes
- Group Support Meetings
- Group Visits
- Celebrity Chef Cooking Events

For more information on the Center for Diabetes Care, or to set up your first appointment,

Call the AppleCare Center for Diabetes Care at:

1-562-869-4497

to visit today



Frequently Asked Questions

Q: May I continue seeing my doctors and specialists?

A: Yes. We encourage you to continue seeing your doctors. The Diabetes Care Team will work with your doctors to support your Care Plan.

Q: What should I bring to my first appointment?

A: Please bring your glucometer, medications, glucose logbook and anything else you think would be helpful.

Q: What should I expect at my first appointment?

A: At your first appointment, we will be doing a thorough assessment, including an HbA1c measurement onsite. Together we will create a plan individualized to your specific needs.