

Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™



USC PREMIER CARE Diabetes Program

If you have diabetes or prediabetes, you are not alone. Millions of Americans have diabetes, the medical term for high blood sugar. Millions more have prediabetes, elevated blood sugar levels that put people at risk of developing Type 2 diabetes, and serious, related complications.

There is no cure for diabetes, but you can take steps to keep it under control. USC Premier Care, which is available and free of charge to USC Trojan Care EPO and USC PPO patients and their families, can help.

The USC Premier Care team, in partnership with your primary care physician and other USC medical professionals, will help you safely lower your blood sugar and keep it at a healthy level.

USC Premier Care will make sure you have additional support from pharmacists, occupational therapists, physical therapists and nutritionists. Your team will develop a care plan that is personalized to your individual needs.

Lifestyle changes can help if you have diabetes or prediabetes. Annual testing and monitoring of your condition with a medical team is critical for decreasing your risk of long-term health consequences, including heart disease and stroke.

Our team will contact you at the request of your primary or specialty care physician. You also may call us for information **Monday through Friday, 8 a.m. to 5 p.m.** at (833) SC NURSE or (833-726-8773). You also can email us at USCPremierCare@med.usc.edu.

Team members called navigators will help you make appointments with any Keck Medicine provider at any Keck Medicine location. Call (833) SC NURSE (833-726-8773) for appointments.

Diabetes program services include:

- **USC Premier Care Team:** We will help you determine the next steps for your care. Our goal is to make managing your prediabetes or diabetes easier, more convenient and more personal for you. Do you want your family involved? We will work with them, too.
- **Scheduling:** We schedule initial consultations with diabetes specialists in person. Follow-up visits can be held either in person or via telehealth. Copays apply based on your health plan benefits.
- **Medication Management:** Our USC pharmacists will work with you to help you understand your medications and how to take them properly. Medication changes will be made in collaboration with your physician. Regular follow-up will be provided to ensure you safely reach and maintain your goals.
- **Occupational Therapy:** Our therapists will support you in creating healthy habits and routines to manage your diabetes. Individualized coaching can help you take control of your health through weight loss, smoking cessation and stress reduction.
- **Physical Therapy:** Our therapists will help with creating a physical activity plan to assist you with your mobility, strength, endurance and balance. We offer specialized treatment for pain or wounds related to neuropathy.
- **Nutrition and Health Education:** Clinical nutrition and education will be provided to help you understand diabetes and healthy eating. We will answer your questions.

Your Team Members:

- Primary care physician & clinic staff
- Clinical pharmacist
- Occupational therapist
- Physical therapist
- Clinical nutritionist
- USC Premier Care team and navigators