



A prescription with positive side effects

DIABETES MELLITUS PROGRAM GUIDE



For more information email us on diabetescare@psmas.co.zw or premierlifestyle@psmas.co.zw

Committed to *Care*

A product of  **PSMAS**
PREMIER SERVICE
MEDICAL AID SOCIETY

DIABETES MELLITUS PROGRAM

Premier Service Medical Aid Society has noted an increase in Non-Communicable Diseases among the PSMAS membership particularly diabetes mellitus. With this in mind, the Society introduced the PSMAS Diabetes Mellitus Care Program as a way of investing in the health of its members through promoting preventive initiatives, early detection and ensuring members with diabetes have access to quality and appropriate healthcare. The program is accessible to all PSMAS members with diabetes at no extra costs upon registration on the program.

How PSMAS' Diabetes Mellitus Program works

- o Help members to better understand their health condition through health support by a dedicated healthcare coach as individuals and support groups
- o Health coaching done through available communication channels including digital platform like WhatsApp, e-mail, webinar and phone calls.
- o Member feedback shared through the same communication platforms

What are the benefits for joining the Diabetes Program?

- o Access to diabetic care and support for improved quality of life
- o Chance to interact with our health care coach on diabetes issues thus preventing complications
- o Gain access to a nutritionist for diabetic dietary plan
- o Gain knowledge on the disease, prevention and management
- o Access to a glucometer and strips to help keep track of diabetes control (self-care)



How to register for the Diabetes Program

- o For those already diagnosed with Diabetes Mellitus, register for the PSMAS Diabetes Care Program by completing a registration form from any of the PSMAS offices countrywide, via e-mail on premierlifestyle@psmas.co.zw or diabetescare@psmas.co.zw or call Premier Lifestyle (Wellness) on 0242 791 815-7, 705 186-8, 792 697-9 or 08688002635.

What is Diabetes Mellitus?

A chronic condition due to failure of the pancreas to produce sufficient insulin or failure of the body to effectively utilize the insulin produced resulting in abnormal blood sugar levels in the body.

Diabetes Mellitus can be Type 1, Type 2 or Gestational.

Type 2 is the most common in adults.

Overweight and lack of physical activity are some of the risk factors for developing Diabetes.

Research has shown that in Zimbabwe Diabetes Mellitus affects 1 in 10 people.

If Diabetes Mellitus is untreated or poorly controlled, the following may occur:

- o Blindness
- o Diabetic cataracts
- o Kidney failure (leading to haemodialysis)
- o Peripheral neuropathy
- o Erectile dysfunction
- o Diabetic wounds (leading to amputation)

Get screened for Diabetes Mellitus at Wellness Centre (PSMAS Head office), any PSMAS office countrywide or your nearest health facility offering blood sugar testing. If diagnosed with diabetes mellitus, contact us for enrolment into care program.

Early detection leads to early treatment