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.