



## Jack



"When's there's a will there's a way."

**Age:** 70

**City:** Wichita, KS

**Work:** Retired veteran

**Family:** Widowed, 3 children

### Device Ownership & Use

Laptop



Android



iPad



### Bio

Jack is a 70 year-old man. He has had health problems for years. He has type 2 diabetes and high blood pressure. Jack takes daily type 2 diabetes and blood pressure medication, and his doctor told him he needs to lose weight. He has had trouble in the past with interactions from prescribed drugs he is taking. Jack needs help paying his Medicare associated costs.

Introvert

Determined

Avid reader

### Goals

- Live a healthy, fulfilling life
- Lose 30 pounds
- See his grandchildren every week

### Frustrations

- Finding a diet he likes
- Cost of medication

### Medical Profile

#### Drugs

Jack takes Glimepiride to help control his blood sugar. He previously took Metformin, but switched to Glimepiride due to a kidney issue. He also takes Atenolol, Lasix and Norvasc to treat his high blood pressure. He takes insulin two times a day, and uses a Continuous Glucose Monitoring (CGM) system to stay on top of his glucose levels.

#### Hospital Visits

Jack went to the ER on one occasion due to experiencing blurry vision and trembling.

#### Outpatient Visits

As soon as Jack learned he had type 2 diabetes, he enrolled in a diabetes self-management training (DSMT) course with a local dietician. Every three months, Jack goes to an endocrinologist to check up on his diabetes. Prior to each endocrinologist appointment, he goes to a lab for an A1C blood test. Jack also has an annual appointment with his optometrist and podiatrist to monitor potential side effects from his diabetes, such as blurry vision and foot ulcers.

#### Coverage

Part A, B and D