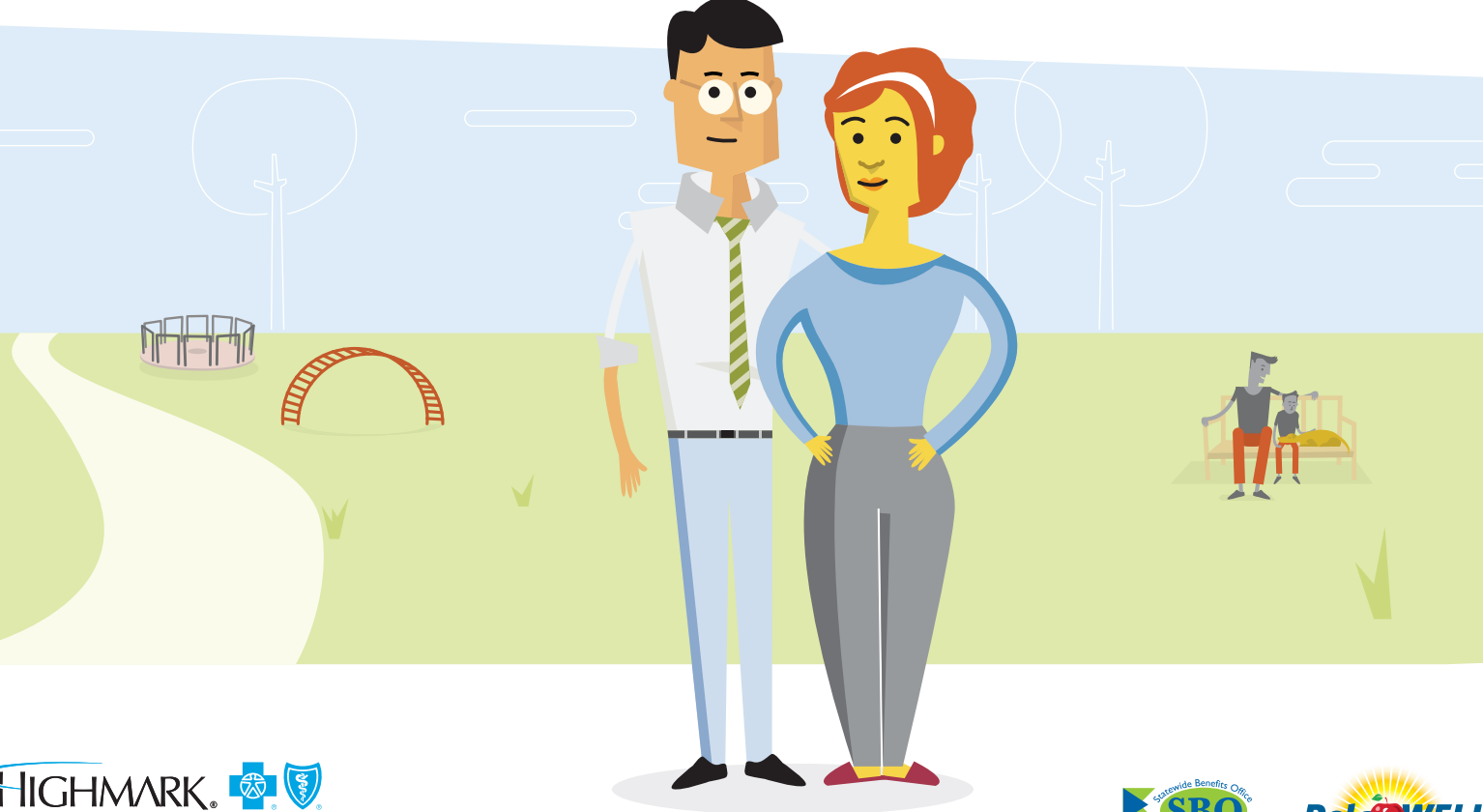


Beat Diabetes



FACT: 6,543 State of Delaware non-Medicare covered members (6.6%) have diabetes with a total annual cost of \$32.4 million.

6.6%

Fifth Avenue Place • 120 Fifth Ave. Pittsburgh, PA 15222



PREVENT IT

Excess weight and a non-active lifestyle increases the risk for developing type 2 diabetes. Lower your risk with lifestyle changes:

- Move more
- Lose weight
- Eat healthy
- Quit tobacco

Take advantage of the following resources at **no cost** to you:

- **Blues On Call Health Coach (1-888-258-3428)**

Highmark Delaware's licensed professional health coaches can answer your questions and provide support, guidance and motivation to help you reach your health and wellness goals.

- **Diabetes Prevention Program**

Members with **prediabetes** have two options to help them make healthier lifestyle choices: (1) In-person program at participating YMCA locations or (2) Online program through Retrofit. Learn more about these options and see if you meet the program requirements, by logging into your Highmark member website at highmarkbcbsde.com or calling 1-844-459-6452.

MANAGE IT

Type 2 diabetes can have complications such as nerve, kidney and heart damage. If you are living with diabetes, it's important to make choices that keep you healthy:

- Eat right and be active
- Check your blood sugar (glucose)
- Take medicines (as prescribed by your doctor) and stay up to date on your doctor visits, screenings, exams and tests

Take advantage of the following resources at **no cost** to you:

- **Blues On Call Health Coach (1-888-258-3428)**

Highmark Delaware's specially trained registered nurses can interact with your doctor's office and help you manage your diabetes, stay on track with your treatment and avoid trips to the hospital.

- **Diabetic Program (Offered Through Your Express Scripts Prescription Drug Plan)**

Diabetic supplies (lancets, test strips, syringes/needles) are provided at **no cost (\$0 copay)**. Multiple diabetic medications may be obtained for **just one copay**. For details on the Diabetic Program, visit de.gov/statewidebenefits.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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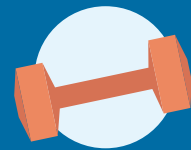


Three key lifestyle changes to make now

Lifestyle changes can help many people with prediabetes delay or prevent it from becoming diabetes. **They involve:**



Weight Control



Physical Activity



Healthy Eating

Get started today!

Make the most of your Highmark Delaware member website: highmarkbcbsde.com.

Access online health tools and resources:

- Wellness Profile
- Digital Health Assistant
- Online Wellness Programs
- Personal Health Record
- Member Discounts
- Health News and Information
- Care Cost Estimator
- Health Trackers

