

# HELPING YOU LIVE WELL WITH DIABETES

## YOUR GUIDE TO BETTER HEALTH

## WHAT IS TYPE 2 DIABETES?

Diabetes happens when your body can't use the sugar (glucose) in your blood properly. Blood sugar comes from the foods you eat. Insulin, a hormone made by your pancreas, helps turn that sugar into energy for your cells. With diabetes, your body can't make enough insulin or can't use it well, so sugar stays in your blood. Type 2 diabetes is the most common form of diabetes and develops over time. **If not controlled, it can cause serious health problems:**



Heart disease



Kidney issues



Vision loss



Amputations



**Diabetes risk factors:** You're at risk for Type 2 diabetes if you're overweight or over 45 and have high blood pressure or cholesterol.

## TESTS TO KEEP YOUR DIABETES ON TRACK

Check off the tests below as you complete them:

### A1c (Hemoglobin)

A blood test that shows your average blood sugar over the past three months. It's the main way doctors monitor and manage diabetes.

### Eye exam

A dilated exam checks for damage to the retina and helps prevent diabetic vision loss.

### Cholesterol

People with diabetes are more likely to have high cholesterol, which can cause heart disease. A blood test to look at the lipids (cholesterol) in your blood.

### Kidneys

Diabetes is a leading cause of kidney disease. Regular urine test checks for protein can signal early kidney problems.

### Feet

Regular foot exams and good foot care help prevent serious complications, including amputation.

### Schedule your tests today

Talk to your doctor about the routine tests that help you manage diabetes.

Benefit	FEP Blue Basic®	FEP Blue Standard®
Diagnostic Blood and Urine Tests	20% coinsurance*	15% coinsurance (deductible applies)
Cholesterol Test, One Per Year	You pay nothing	You pay nothing
Vision Services Specific to Your Diabetes Treatment †	\$35 for primary care* \$50 for specialists*	\$30 for primary care \$40 for specialists (deductible does not apply)
Foot Care Specific to Your Diabetes Treatment †	\$35 for primary care* \$50 for specialists*	\$30 for primary care** \$40 for specialists** (deductible does not apply)

## DIABETES MANAGEMENT PROGRAM

We're excited to offer members a program that can help you manage your diabetes.

Here's what you get, all at no out-of-pocket cost:



An advanced glucose meter



Unlimited strips and lancets



24/7 personalized coaching



To learn more about the **Diabetes Management Program**, scan the QR code or visit [fepblue.org/diabetes](https://fepblue.org/diabetes).

## GET PERSONALIZED NUTRITION SUPPORT

Nutritional counseling is fully covered when you see an in-network provider. With telehealth, you can also connect with a registered dietitian for virtual support and personalized guidance.<sup>1</sup> Get started at [fepblue.org/telehealth](https://fepblue.org/telehealth).

## GET A DIGITAL SCALE AND WEIGHT MANAGEMENT SUPPORT

Eligible members 13 and older can join the **Weight Management Program** by Teladoc Health® at no out-of-pocket cost. The program provides a digital scale and ongoing support to help manage weight and improve health, including live coaching, nutrition and exercise tips, sleep and stress guidance, and more. Learn more at [fepblue.org/weight-loss](https://fepblue.org/weight-loss).

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\*Under FEP Blue Basic, you pay 35% of our coinsurance for agents, drugs and/or supplies you receive during your care. \*\* Under FEP Blue Standard, this copay applies to your office visit only. †You must be diagnosed with a specific condition, such as diabetes, to receive these services. <sup>1</sup>Nutritional counseling is available in all 50 states and Washington, D.C. These are limited to individual sessions; we do not provide benefits for group counseling. Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan. Any information or materials included here are not meant to replace the advice of your doctor or health care professional. This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies. The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program® and FEP® are all trademarks owned by Blue Cross Blue Shield Association.