

# 4 steps you can use today to better manage your diabetes.

Diabetes affects over 10% of all Americans. In addition to putting you at higher risk for cardiovascular problems, we're now seeing how the disease can make you more susceptible to viral infections and lead to serious complications. But by taking the right steps, you can take control of your diabetes and take on each day with peace of mind.

1



## Take your meds

Medications are often a key part of managing diabetes, so it's important to take them daily as directed – even if you're feeling well.

2



## Check your levels

Use a blood glucose monitor daily to check your sugar levels, including in the morning, after meals and exercise, or anytime you're feeling "off."

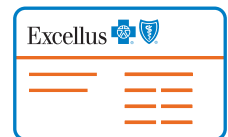
3



## Eat right and exercise

Eating balanced meals and exercising for at least 30 minutes a day can have a big impact on improving your blood sugar levels, lowering your blood pressure, and more.

4



## Use your plan's benefits

Your Excellus BlueCross BlueShield health plan comes with a Diabetes Management Program at no extra cost. See the next page to learn all the ways we can help.

## Did you know?



Everybody Benefits

### Stress spikes sugar levels.

Deep breathing exercises are a great way to relax and keep your levels in check.

### Walking lowers sugar levels.

Studies show a 10-minute walk after eating helps lower sugar levels.



# Taking charge of diabetes with a team by your side

With Excellus BCBS, you’ve got a team of experts and a comprehensive Diabetes Management Program included in your plan. It’s part of our approach to wellbeing that supports you holistically throughout your health journey.

## Our comprehensive Diabetes Management Program includes:



### Excellus BCBS Care Management Team

Trained experts in diabetes care who provide you with personal coaching and guidance, coordinate with your doctors, and more.



### Wellframe® Mobile App free for all members

Text an Excellus BCBS care manager, create medication reminders, and learn about your condition.



Scan here to download the Wellframe app today.  
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