

# 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."

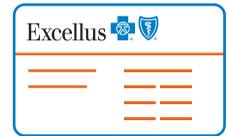
3



## 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 Synchronized Health™ 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.



### No-Cost Remote Blood Sugar Monitoring

For eligible members, we provide a OneTouch® Bluetooth® glucose monitor and remote pharmacist monitoring from Express Scripts® to help you manage your sugar levels.

Ready to get started?

Download the **FREE Wellframe®** mobile app today.



Copyright © 2020, Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. All rights reserved.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

B-7489/17748-23M REV 06/23

