

Diving into Diabetes

2025 Excel Your Well Webinar Series

Diabetes affects millions of people. With the right knowledge and support, it can be managed—and in many cases, even prevented.



At Excellus BlueCross BlueShield (BCBS), we care about the health and wellbeing of our members. As part of our 2025 Wellbeing Webinar Series, we invite you to join **“Diving into Diabetes”**, a 45-minute webinar hosted by **Amanda Cheehan, MS, RDN, CDN, CDCES**.

Whether you’re living with diabetes, supporting a loved one, or simply want to learn more, this webinar will explore:

- What diabetes is and how it affects the body
- Types of diabetes: Type 1, Type 2, LADA, MODY and gestational
- Risk factors and how to know if you’re at risk
- Complications to watch for – and how to prevent them
- Managing diabetes through nutrition, exercise and medication
- Additional benefits and resources offered by Excellus BCBS to support your health and wellbeing*

When our members have the information and support they need to make their health a priority, everybody benefits!

Webinar date: Tuesday, November 25

Webinar time: Noon – 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).



Everybody Benefits

*Availability of benefits and coverage varies by contract
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