

TAKE CONTROL of diabetes.



Keep up with your A1C and earn up to \$100.

Monitoring blood sugar (glucose) is essential to managing diabetes. But there's much more you can do to prevent serious health complications – like seeing your doctor regularly and getting the right tests. Talk with your doctor to learn more about:

- + **A1C (hemoglobin)** – This simple blood test is the primary method for managing diabetes. It provides information about your levels of blood sugar over the past three months.
- + **Eyes** – A dilated eye exam checks for damage to the blood vessels in your eye. It can help prevent diabetic retinopathy, a condition that can cause severe vision loss or blindness.
- + **Cholesterol** – Unhealthy cholesterol levels can contribute to heart disease. LDL, the “bad” cholesterol, should be below 100. HDL, the “good” cholesterol, should be above 40 for men and above 50 for women.
- + **Kidneys** – A urine test measures the protein level in your kidneys; an increase in protein could be a sign that they aren't working as they should.

It pays to keep a check on A1C levels

Earn up to \$100 on your MyBlue® Wellness Card by tracking your A1C. For more on the Diabetes Management Incentive program, visit fepblue.org/diabetes.

These tips are intended as general information only. Please consult your doctor for specific medical advice. Please call our 24/7 Nurse Line toll-free at 1-888-258-3432 for additional information.
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