



## Diabetes Management Incentive Program – Earn \$100

Through the Diabetes Management Incentive Program, you can complete specific activities related to managing your HbA1c levels and earn up to \$100. To learn more about diabetes incentives, visit [www.fepblue.org/diabetes](http://www.fepblue.org/diabetes).

*\*FEP Blue Focus members not eligible for Diabetes incentives*



Federal Employee Program.

Healthy Endeavors<sup>SM1</sup>  
*In touch*

P.O. Box 2291  
Durham, NC 27702-2291

### DOWNLOAD fepblue TODAY

Check your benefits, find a provider, call the 24/7 Nurse Line and more with the fepblue mobile app. Download the app today on the App Store<sup>®</sup> or Google Play<sup>™</sup>.

Learn more at  
[www.fepblue.org/app](http://www.fepblue.org/app).



Your plan for better health.<sup>SM1</sup>

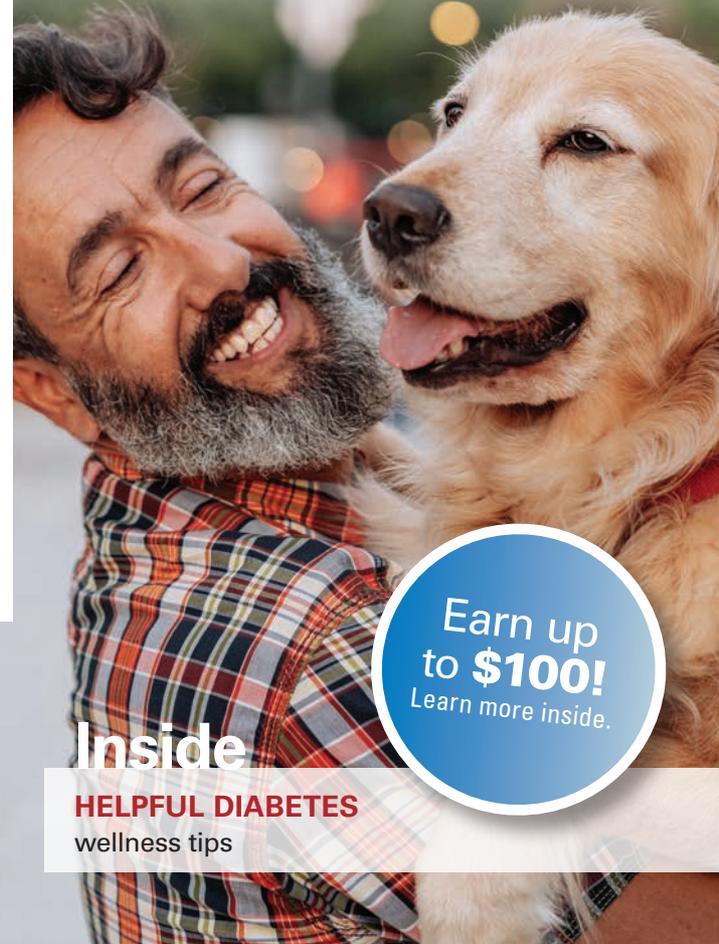
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<sup>SM1</sup>Mark of Blue Cross and Blue Shield of North Carolina  
Developed by Krames

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# Earn healthy living rewards.

As a member of the Blue Cross and Blue Shield Service Benefit Plan, you can earn rewards on the MyBlue<sup>®</sup> Wellness Card, a debit card that can be used for qualified medical expenses. Take steps to lead a healthier life — and get rewarded for it!



Earn up to **\$100!**  
Learn more inside.

## Inside

**HELPFUL DIABETES**  
wellness tips

# Managing your diabetes

If you have been diagnosed with diabetes, it is important that you visit your provider for a routine checkup and tests to monitor your diabetes.

## TESTS TO KEEP DIABETES UNDER CONTROL

 A1c test 2-4 times a year	 Annual dilated eye exam	 Annual foot exam
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## YOUR DIABETES MANAGEMENT CHECKLIST



- Have you had your annual exam in 2021?
- Yes  
 No

If you answered no, please schedule an annual exam with your provider. Our three benefit plans have your diabetes needs covered when you see Preferred providers.

<b>S</b> Standard Option	<b>B</b> Basic Option	<b>F</b> FEP Blue Focus
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- Have you registered for the Diabetes Management Program by Livongo®?
- Yes  
 No

If you answered no, please visit [fepblue.org/diabetes](http://fepblue.org/diabetes) to learn more. When you enroll, you will receive an advanced glucose meter, unlimited strips and lancets, and personalized coaching.

Eligible plans: **S B**



Did you know you could earn money on your MyBlue® Wellness Card by taking steps to manage your diabetes? Go to [fepblue.org/incentives](http://fepblue.org/incentives) to learn more about the following incentives:

- Earn \$50 for completing your Blue Health Assessment
- Get \$25 for completing A1c testing between January and June
- Get \$75 for completing A1c testing between July and December

Eligible plans: **S B**

## Notice of Nondiscrimination

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) provides free aids to service people with disabilities as well as free language services for people whose primary language is not English. Please contact the Customer Service number on the back of your ID card for assistance.

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) proporciona asistencia gratuita a las personas con discapacidades, así como servicios lingüísticos gratuitos para las personas cuyo idioma principal no es el inglés. Comuníquese con el número para servicio al cliente que aparece en el reverso de su tarjeta del seguro para obtener ayuda.



**Nutritional guidance for you**  
Call 1-855-636-1579 to speak with a Nutritionist today!

## Questions about your diabetes?

If so, we have health coaches (nurses) who can educate you and provide resources and tools to help you manage your condition at no cost to you. Call **1-888-392-3506** to speak with a nurse.