As a member of the Blue Cross and Blue Shield Service Benefit Plan, you can earn rewards on the MyBlue® 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!

Diabetes Management Incentive Program – Earn $100

Through the Diabetes Management Incentive Program, you can complete specific activities related to managing your Hb A1c levels and earn up to $100. To learn more about diabetes incentives, visit www.fepblue.org/diabetes.

*FEP Blue Focus members not eligible for Diabetes incentives

Earn up to $100!
Setting healthy goals with diabetes

Managing diabetes is a tough job. Keep these tips in mind to better manage your diabetes.

Check your Hb A1c

A hemoglobin A1c test, also called Hb A1c, measures your average blood sugar over the past two to three months. If you have any side effects, talk to your healthcare provider to help manage your medications. Call 1-984-364-3798 for assistance.

Medication Therapy Management — Our Clinical Pharmacist can assist you with finding cost-savings options to help you afford your diabetes medications. Call 1-888-923-520 and enroll.

Nutritional Counseling — Good nutrition is essential to control your diabetes. Ask your provider about a personalized nutrition plan.

Talk with your healthcare provider about a new exercise program. Also, find out if you need to do anything differently to control your blood sugar when you exercise.

Get your exercise

You need at least 150 minutes (two hours and 30 minutes) of moderate-intensity aerobic activity, such as brisk walking, every week. You can break up the 150 minutes into smaller workouts as needed.

Update your meal plan

Nutritional Counseling can work with your healthcare provider to help you achieve your health goals. If you choose to diet without the help of a registered dietitian, keep these tips in mind to help manage your diabetes.

Don’t miss provider visits

Together, you and your healthcare provider can set up a plan to manage your diabetes. Call 1-855-636-1579 and ask to speak to a Nutritionist.

Healthy EndeavorsSM — To get personalized health advice from a nurse health coach, or to receive diabetes educational materials, call 1-855-636-1579 and ask to speak to your nurse coach.