



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*



NEED YOUR REWARDS?
Learn more inside.



Federal Employee Program.

Healthy Endeavors^{SM1}

In touch

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Developed by StayWell

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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[®] 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

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 an Hb A1c test, is a blood test that measures your average blood glucose level over the past two to three months. This tells your provider how well your treatment plan is working to control your disease. Ask your provider how often you need an Hb A1c test — it is usually every three to six months.

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.

Talk with your healthcare provider before starting a new exercise program. Also, find out if you need to do anything differently to control your blood sugar while being active.

Update your meal plan

Ask your provider for help updating your meal plan. The Diabetes Plate Method can help you easily build a healthy meal. Use a 9-inch plate. Fill half with nonstarchy veggies, one-quarter with protein (such as meat or beans) and one-quarter with carbs (preferably whole grains).

Take your medications

Always take all your medications exactly as prescribed. If you miss doses, the medicine will not work like it should. This can be harmful to your health.

Tell your provider about all over-the-counter (OTC) medications you take. Some OTC products have sugar that can affect your blood sugar. Others have ingredients that may not work well with your diabetes medication.

If you have any side effects, talk with your provider to help manage the symptoms.

Don't miss provider visits

Make sure to visit your diabetes healthcare provider at least two times per year. It's a good time to review and update your health goals and how to achieve them.

Nutritional Counseling — Good nutrition is essential when you have diabetes. You can work with a preferred Nutritionist at no cost to you. Call Teladoc at 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 1-888-392-3506 and enroll.

Medication Therapy Management — Our Clinical Pharmacist can assist you with finding cost savings options to help you afford your diabetes medications. Call 1-984-364-3798 for assistance.

