

# Resources to Prevent and Manage Diabetes



According to the Centers for Disease Control and Prevention (CDC), more than 30 million U.S. adults have diabetes, and over 84 million are living with prediabetes. Prediabetes is a serious health condition that increases a person's risk of developing type 2 diabetes and a long list of other chronic conditions such as heart attack, stroke, blindness, kidney failure, and loss of limbs. Through your health plan, you have access to a team of dedicated experts, a Diabetes Prevention Program, wellness coaching, digital health coaching, and more. All geared to help you lower your blood glucose, prevent diabetes, and better manage your diabetes.

## Wellness Tools Available

- **Highmark Diabetes Prevention Program**

You have access to a 12-month CDC-approved Diabetes Prevention Program (DPP) at no cost to you, if you qualify. Learn simple, effective lifestyle changes that can help reverse prediabetes and help you feel better. Log onto the member website at [highmarkbcbs.com](http://highmarkbcbs.com) and click on Diabetes Prevention to learn more.

- **Highmark Wellness Coaching**

Get personalized coaching from your own Highmark wellness coach. A coach can create a customized plan or recommend a program to help you such as diabetes management, weight loss, quit smoking, and more. Call **1-800-650-8442** to reach a coach.



- **Blues on Call Nurse Support**

Blues on Call nurses and other medical professionals can assist with symptom assessment, provide health-related information and discuss treatment options. Call the Highmark concierge at the number on the back of your ID card for more information.

- **Livongo for Diabetes Management**

The Livongo for Diabetes Program, as opposed to the Diabetes Prevention Program detailed above, offers those currently living with diabetes 24/7 access to a Livongo coach by phone, text, email or app, along with unlimited test strips and lancets, a blood glucose meter and more. Contact the Highmark concierge at the number on the back of your ID card to learn more.

- **Vision Benefits of America**

Did you know your vision could be related to diabetes? VBA is committed to offering customized, cost-effective plans with personalized service to promote vision and dental health. Contact **1-800-432-4966** or visit [vbaplans.com](http://vbaplans.com).



## Ways to Lower Your Risk

### Lose Weight

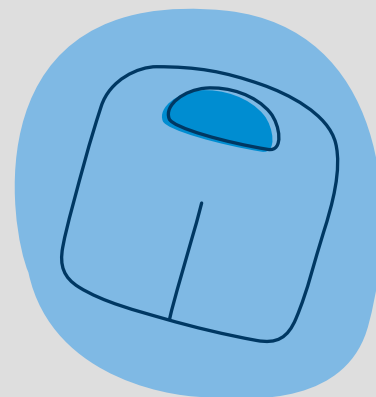
If you are overweight, losing 5 to 10 percent of your body weight has the biggest effect on preventing diabetes. Avoid fad diets. Focus on variety and portion control instead as part of an overall healthy eating plan. Add an exercise program for faster results.

### Work Out Regularly

Performing physical activity on a regular basis may help prevent diabetes. Exercise increases the insulin sensitivity of your cells along with lowering your blood sugar. If you aren't active, start out with 5 or 10 minutes a day. Aim for 30 minutes of exercise per day, 5 days a week and eventually increase your time each week.

### Eat Healthy

Foods high in fiber such as fruits, vegetables, beans, whole grains, nuts and seeds can help you maintain blood sugar levels. They lower your risk for heart disease and help you lose weight. Eating sugary foods and refined carbs can put at-risk individuals on the fast track to developing diabetes. Your body rapidly breaks these foods down into small sugar molecules, which are absorbed into your bloodstream. The resulting rise in blood sugar stimulates your pancreas to produce insulin, a hormone that helps sugar get out of the bloodstream and into your body's cells.



\*The Diabetes Prevention program is offered to members who screen positive for prediabetes and is covered if it is included as part of your health plan's preventive schedule.

Lark is an independent company that manages digital health and wellness coaching programs on behalf of Highmark.

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