

# Take Control of Prediabetes and Diabetes

### Less hassle, more savings, better health

# Managing diabetes — or even preventing it — just got easier!

Your Capital Blue Cross plan includes diabetes programs with digital tools you can use at your convenience.

- Get support from a professional health coach.
- Connect devices and fitness trackers to your account.
- Find help with healthy eating and managing stress.
- Receive support from an online community.

## Choose the option that works for you.

#### **Prevention**

It's not too late to stop diabetes before it starts. Lose weight and reduce your risk of developing Type 2 diabetes.

### Management

If you have Type 1 or Type 2 diabetes, this program can help you stay healthy. Get personal support, manage your medications, and keep your glucose levels in check.

#### **Get started!**

Learn more about these digital tools and all the diabetes resources available to members at capbluecross.com/diabetes.

### CapitalBlueCross.com



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