



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.
- Find help with healthy eating and managing stress.
- Connect devices and fitness trackers to your account.
- 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.

Reversal

Ready to make the lifestyle and nutrition changes needed to reduce your need for diabetes drugs and reverse your Type 2 diabetes? This program can help you get there.

Get started!

Learn more about these digital tools and all the diabetes resources available to members at [capbluecross.com/diabetes](https://www.capbluecross.com/diabetes).

[CapitalBlueCross.com](https://www.CapitalBlueCross.com)

