



Diabetes doesn't have to feel overwhelming.

Better care starts here.



Confidence comes with every card.®

Choose a Total Care doctor to start your journey to good health.

Your doctor will help you carefully manage your diabetes through regular screenings and even classes in the office to teach you how to use your glucose meter or cook healthier meals. Total Care doctors meet national standards for high-quality health care — care that helps you stay healthy and out of the hospital emergency room.

Find a doctor at [bcbsm.com](https://www.bcbsm.com).