





## **Diabetes Prevention program**

## Getting healthy is easier with a little help.

If you're prediabetic, losing a modest amount of weight through lifestyle changes can help prevent or delay Type 2 diabetes.<sup>1</sup> You don't have to do it alone.

We're here to help. Your Blue Cross Blue Shield of Michigan or Blue Care Network health plan includes a Diabetes Prevention program. We work with Teladoc Health® to offer this program to you at no additional cost.

The program gives you and your covered family members who are prediabetic easy-to-use tools and personal support to help you make achievable and realistic lifestyle changes to improve your health.

## Uncomplicate your care

Reduce your cost, conveniently manage your care and take action to prevent or delay diabetes with the Teladoc Health app and resources, including:



Smart scale



Expert advice on nutrition and meal planning

These resources are available at no extra cost.

¹www.cdc.gov/diabetes/basics/prediabetes.html





8 in 10 of them don't know they have it.<sup>1</sup>

To find out if you're eligible for the program, call 1-800-835-2362.
Your registration code is BLUECROSSMI-START. Or scan the QR code to enroll online.



Teladoc Health® is an independent company that provides virtual care solutions on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network.

The Diabetes Prevention program is offered at no cost to you and your family members who meet specific health criteria and are covered under your Blue Cross Blue Shield of Michigan or Blue Care Network health plan. To participate in the program, you must complete the Centers for Disease Control and Prevention risk assessment and meet specific criteria to enroll in the program. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

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