

# MANAGING DIABETES

## Quick Reference Guide

[fepblue.org](https://www.fepblue.org)

Of the 37.3 million Americans who have diabetes, about 1 in 5 don't even know they have it.<sup>1</sup>

We're committed to helping our members take an active role in their health, including how to better manage their diabetes.

## Important tests to keep your diabetes on track

Active at-home blood sugar (glucose) monitoring is essential to managing your diabetes. This can help keep your blood sugar levels within a normal range. Other important things you can do are to see your doctor regularly and get the right tests every year. These tests can help prevent serious health complications, such as heart disease, blindness, kidney failure and amputation.

Below is a list of recommended tests. Talk to your doctor about how often you should receive these tests.



### A1c (hemoglobin)

This simple blood test is the primary method for managing your diabetes. It provides information about your average levels of blood sugar over the past three months.



### Eye exam

A dilated eye exam checks for damage to the blood vessels in your retina (a layer of tissue within the eye). It can help prevent diabetic retinopathy, a condition that can cause severe vision loss or blindness.



### Cholesterol

Unhealthy cholesterol levels can contribute to heart disease. LDL, the "bad" cholesterol, should be below 100. HDL, the "good" cholesterol, should be above 40 for men and above 50 for women.



### Kidneys

A urine test measures the protein level in your kidneys—an increase in protein could be a sign they aren't working as well as they should.



### Feet

Regular comprehensive foot exams and proper foot care can help prevent amputation.



## Schedule your tests today

Talk to your doctor about how ongoing testing can help you manage your diabetes.

# Diabetes Management Incentive Program

You can earn up to **\$100** for taking steps to keep your diabetes under control by participating in our Diabetes Management Incentive Program.

## Here's how:

- 1 Visit your health care or lab services provider and receive an A1c test between January 1 and June 30. Provide us with your A1c test results from your visit and you can earn **\$25**.
- 2 Return to a provider between July 1 and December 31 for your second A1c test. **If your A1c is lower than 8**, you'll get an additional **\$75** on your MyBlue® Wellness Card.

## What if your A1c is equal to 8 or above?

You can still earn **\$75** by going to three nutritional counseling visits during the calendar year. You'll get **\$75** on your MyBlue Wellness Card once we receive the claims from all three visits. Nutritional counseling is covered in full when you visit a Preferred provider. You can even use your Teladoc® benefit to get nutritional counseling from a virtual registered dietician. Get started at [fepblue.org/telehealth](https://fepblue.org/telehealth).

## What you pay when you visit Preferred providers

Benefit	Basic Option	Standard Option
Diagnostic blood and urine tests	15% of our allowance	15% of our allowance
Cholesterol test, one per year	You pay nothing	You pay nothing
Vision services <sup>†</sup>	\$30 for primary care* \$40 for specialists*	\$25 for primary care \$35 for specialists (deductible does not apply)
Foot care <sup>†</sup>	\$30 for primary care* \$40 for specialists*	\$25 for primary care** \$35 for specialists** (deductible does not apply)



### Diabetes Management Program by Livongo

If you have diabetes, you can receive a digital glucometer and unlimited lancets and test strips as well as ongoing diabetes support through our Diabetes Management Program. Learn more at [fepblue.org/diabetes](https://fepblue.org/diabetes) or call **1-800-593-8490**.

<sup>†</sup>[cdc.gov](https://www.cdc.gov).

<sup>†</sup>You must be diagnosed with a specific condition, such as diabetes, to receive these services.

\*Under Basic Option, you pay 30% of our allowance for agents, drugs and/or supplies you receive during your care.

\*\*Under Standard Option, this copay applies to your office visit only. You pay 15% of our allowance for all other services (deductible applies).

This information is not meant to substitute the advice of your doctor or any other health care professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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