



# 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.

### Get started!

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

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

