



 DIABETES MANAGEMENT

TAKE CHARGE OF DIABETES

Live healthier and feel better with personalized diabetes management support

Control diabetes, so it doesn't control you

Roughly one in nine Americans has diabetes¹ but for people living with the disease, it can feel like you're all alone. Now there's a program that gives you the support you need.

The Diabetes Management program by Omada is a personalized virtual care program that gives you the support and tools you need to manage your diabetes and reach your health goals. You'll have access to a certified diabetes care and education specialist (CDCES) to answer your questions and offer guidance between doctor visits. Along with remote blood glucose monitoring, you'll have someone trained in diabetes management interpreting your data and giving you information you can act on. In addition, you'll get:

- **A welcome kit** with connected devices to monitor blood pressure and weight²
- **Support** toward making small, achievable lifestyle changes to lose weight and keep it off
- **Alerts** to trends in your levels and alert you immediately of dangerous values. You'll also receive a follow-up to help identify the cause and create a plan to avoid future occurrences.
- **Recommendations** for screenings and preventive services to help avoid complications from related conditions
- **Support** to address issues or concerns with your medications

You'll also have access to an online peer group for ongoing encouragement and weekly lessons to help you understand diabetes and how to manage it. Topics cover benefits of blood glucose monitoring, preventing diabetes complications, managing sick days and more.

The program is tailored to your individual care plan and health goals. There's no additional cost for qualified individuals and it only takes about 10 minutes to fill out the application. Look for an email invitation to join within two days after submitting your application.

LEARN MORE

Visit omadahealth.com/BCBSMN1 today.



Diabetes management with Omada can help you:

- Achieve your target blood glucose levels
- Stay on top of critical screenings
- Overcome challenges with medications
- Understand blood glucose readings and trends
- Prevent complications
- Lose weight and improve your overall health

¹The National Diabetes Statistics Report, 2024, cdc.gov/diabetes/php/data-research/index.html.

²Scale available to members with an elevated body mass index greater than 25.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.