



READY  
TO HELP



## 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<sup>®</sup> 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.

<sup>1</sup>[www.cdc.gov/diabetes/basics/prediabetes.html](http://www.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.

