

# MANAGING DIABETES

## Take An Active Role in Your Health



**Living with diabetes can mean taking extra steps in your daily life to ensure your health and wellbeing. When diabetes is managed properly, it reduces your risk of heart disease, nerve damage, vision problems, kidney disease, and more.**

### Test Is Best

If you or a loved one are managing diabetes, at-home blood sugar (glucose) monitoring makes all the difference in keeping your blood sugar levels within normal range on a day-to-day basis, and thus decreasing the chances of long-term side effects.

Don't neglect your A1c tests. Doctors recommend individuals with diabetes stay on track with their A1c testing, which measures average blood sugar levels over the past three months.

A1c tests are performed right in your doctor's office, or at a Preferred in-network lab, and it's one of the most effective ways to find the treatment plan that best lowers your blood sugar.



**Get your A1c test by the end of the year for a more accurate, long-term picture of your blood sugar.**

### Need to speak with a medical professional?

Call our 24/7 Nurse Line at 1-888-258-3432.

### Ready to schedule your A1c testing?

Visit [provider.fepblue.org](http://provider.fepblue.org) to find a Preferred doctor or download the fepblue app. Download the Teladoc® app, call 1-855-636-1579, or visit [fepblue.org/telehealth](http://fepblue.org/telehealth).

### Questions about benefits?

Refer to your Blue Cross and Blue Shield Service Benefit Plan brochure or call customer service at 1-800-333-2227.