

Manage your diabetes

Get extra support from a diabetes care and education specialist



Managing a condition like diabetes can be complicated. There's a lot to learn, and you may have questions. Our **certified diabetes care and education specialists** can help.



They can answer your questions and give you the support you need to manage your diabetes.



Their goal is to give you all the education and resources you need to manage your health.



You can talk to our **certified diabetes care and education specialists** at no extra cost to you. It's part of your Florida Blue Medicare plan.

Don't wait to get help. Call the Care Management team's **certified diabetes care and education specialists** today to see how we can support your health goals.

1-800-955-5692

Option 1, then Option 2
8 a.m.–5 p.m., Monday–Friday

Our certified diabetes care and education specialists can help you answer these questions:

- How do I take my diabetes medications?
- What diet should I be following for my diabetes?
- I am newly diagnosed with diabetes. What comes next?
- What should my blood glucose readings be?
- What is an A1C?
- How do I manage it all?