

FEP FOR YOU

Enroll this Open Season and stay healthy during American Diabetes Month

For many, the end of the year is the busiest time between work, family and the holidays in full swing. But it's also the perfect time to think about your health and plans for the year ahead. Here's what you need to know about Open Season and how you can protect your health.

Open Season: November 11 – December 9, 2024

During Open Season, you can choose or change your plan for the following year. This is your opportunity to review your current coverage and consider any updates based on your health needs. If you're happy with your current plan, you don't need to take any action—your coverage will automatically carry over.

Visit feppure.org/whatsnew to see what's new for 2025.

Here's how to prepare:

- Think about your health needs: Are you expecting any big life changes? Consider what's best for you and your family.
- Try our AskBlueSM FEP Medical Plan Finder to get a recommendation for a health plan that meets your needs and budget. In minutes, you can answer some simple questions about your needs and it'll automatically recommend a plan for you.

Visit askblue.feppure.org to learn more.

Looking for dental and vision coverage?

We also offer quality dental and vision plans to federal and USPS employees and their families through the Federal Employees Dental and Vision Insurance Program (FEDVIP).

To learn more visit feppure.org/our-plans/dental-vision.



Discounts on healthy meals with Blue365[®]

As an FEP member, you get exclusive deals on delicious meal subscription kits from brands like Blue Apron[™] through Blue365. Visit blue365deals.com/FEP to get started.

American Diabetes Month

November is also American Diabetes Month—a time to focus on diabetes prevention and management. This month, take steps to understand your risk and make sure you're using the preventive care benefits available through your plan.

- **Preventive screenings:** Annual physicals and preventive screenings can help you catch health issues early, including diabetes. These are fully covered when you visit an in-network provider.
- **Diabetes Management Program:** Members with diabetes can get a digital glucose monitor, unlimited test strips and ongoing diabetes support with our Diabetes Management Program by Livongo®. Learn more at fepblue.org/diabetes.

Open Season and diabetes fact finder

Think you're up to date on your health and Open Season knowledge? Take our quick trivia challenge and find out!

1. True or false? People with diabetes can eat sweets and sugar.

- A True B False

2. What is one way to prevent Type 2 diabetes?

- A Regular physical activity B Skipping breakfast C Drinking diet soda

3. When does Open Season begin?

- A November 13 B November 11 C December 1

Answers: 1. A. People with diabetes can enjoy sweets in moderation as part of a balanced diet. 2. A. Regular physical activity is a key factor in preventing Type 2 diabetes. 3. B. November 11.



Daily Habits

Use our Daily Habits program to manage your health and earn rewards along the way. You can earn incentives by completing activities related to:

- Stress
- Weight loss
- Exercise
- Balanced living
- Nutrition

Visit fepblue.org/daily-habits to learn more.



Healthy resources just for you

Stay updated on all things health and wellness—including delicious, healthy recipes. Visit fepblue.org/news to read more.



Follow us @fepblue



The Diabetes Management Program by Livongo is available to all FEP Blue Standard™ and FEP Blue Basic™ members who've had at least one medical or pharmacy claim in 2023 or type 2 diabetes.

Any information or materials included here is not meant to replace the advice of your doctor or health care professional.

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This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard™ and FEP Blue Basic™: RI 71-005; FEP Blue Focus®: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal Employees Health Benefits Program brochures.

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