

Diabetes Awareness Month

Finding **care** and **support** to manage **diabetes**



More than one in three American adults have diabetes, and of the 37.3 million Americans who have diabetes, about one in five don't even know they have it.¹

Get aware

Staying informed about your health is the best way to prevent disease and manage health conditions. Annual wellness checkups with your primary care provider (PCP) are the place to start, with preventive screenings that can let you know if you are at risk of developing diabetes. [Learn about the tests](#) your PCP might recommend to help you manage prediabetes or diabetes.

Support is here

Living with diabetes can be challenging, but with the right support and resources, you can lead a fulfilling and healthy life. As a HealthSelectSM medical plan participant, you have access to a [dedicated team of care management clinicians](#), at no extra cost, that can provide you with support to manage a new or existing diabetes diagnosis.

Clinicians can help you understand and follow your treatment plan, answer questions and share health and wellness resources. To speak with a clinician, call Blue Cross and Blue Shield of Texas (BCBSTX) toll-free at **(800) 252-8039 (TTY:711)** between 8 a.m. and 6:30 p.m. CT, Monday – Friday, and ask to speak with a clinician.

Questions?

If you have benefit or coverage questions, BCBSTX Personal Health Assistants are available by phone toll-free at **(800) 252-8039 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m. CT.

You can also communicate via secure chat and secure messaging Monday – Friday, 8 a.m. – 5 p.m., after logging into [Blue Access for MembersSM](#).

¹ [Diabetes Facts on cdc.gov](#).

* Message and data rates may apply. [Terms & Conditions and Privacy Policy](#).

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1001 E. Lookout Drive, Richardson, TX 75082

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