

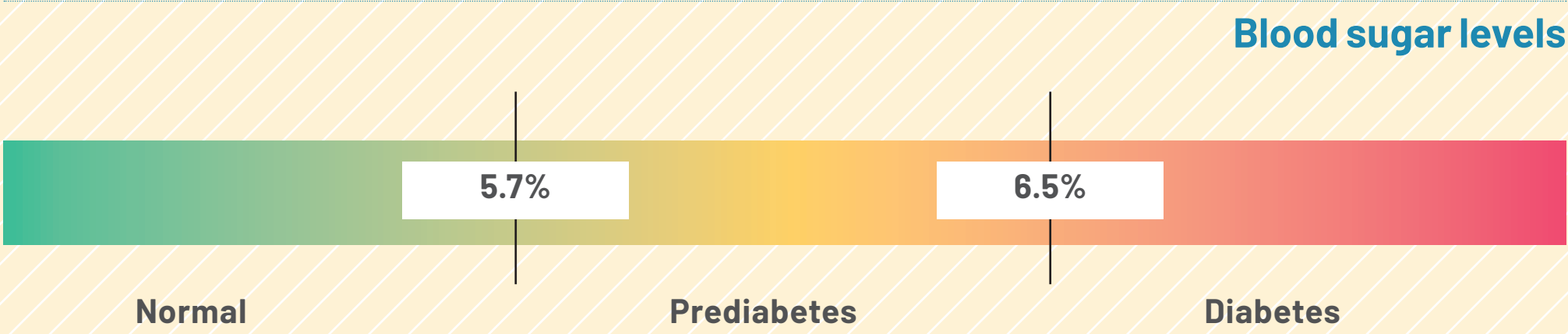
# GET HELP LIVING WITH DIABETES

Diagnosed with prediabetes or diabetes? As a HealthSelect<sup>SM</sup> participant, you have diabetes benefits, including office visits, testing, self-management training, eye examinations and foot care. A dedicated team of care management clinicians is available by phone to provide extra support and guidance to help you manage your condition.

Participants enrolled in HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup> can get diabetic supplies, including test strips and lancets, through the HealthSelect<sup>SM</sup> Prescription Drug Program (PDP). When prescribed by a physician, eligible participants may be able to get a continuous glucose monitor or insulin pump and related supplies through their medical plan. Learn more about your prescription drug benefits at **healthselectoftexas.com**.

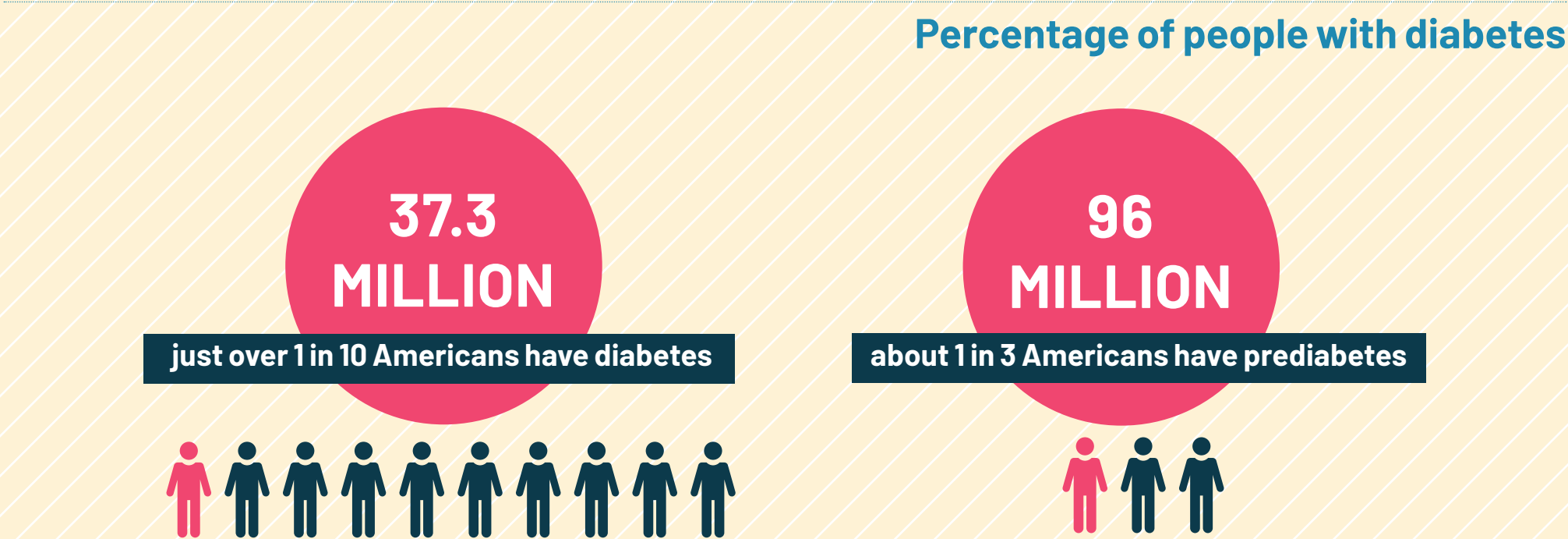
## Brian’s Journey

Brian was diagnosed with prediabetes when an A1c test during his annual wellness exam showed a higher than normal blood sugar level. His primary care provider (PCP) told him that with diet and exercise, he might be able to return his blood sugar level to a normal range and avoid developing Type 2 diabetes.



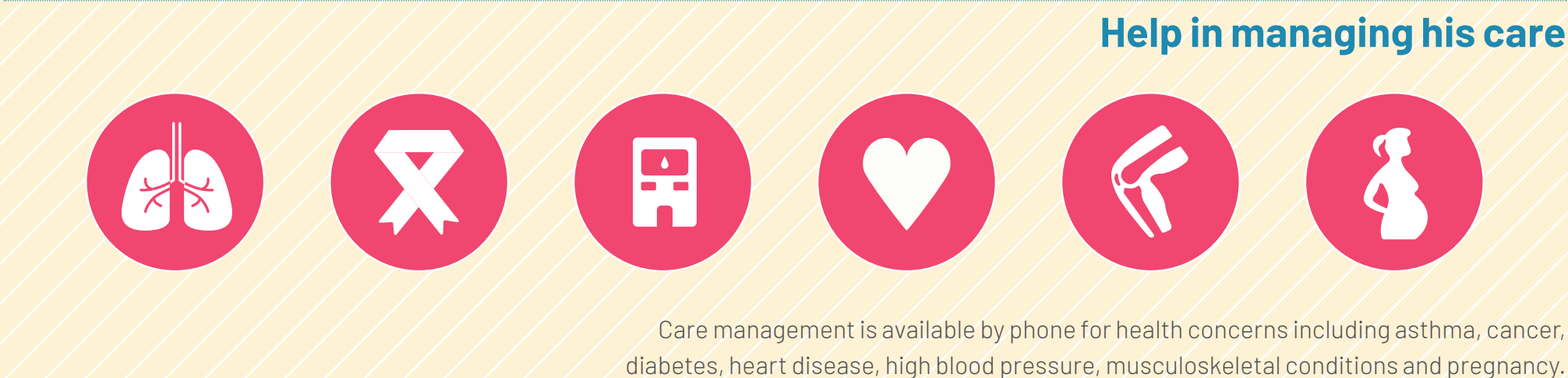
American Diabetes Association: <https://www.diabetes.org/a1c>

Brian made minor changes to his diet, but his busy schedule made it difficult for him to exercise regularly. Unfortunately, Brian’s blood sugar level continued to rise. The next year at his annual exam, another A1c test confirmed that Brian had developed Type 2 diabetes. His doctor prescribed medication and advised him to start checking his blood sugar levels before meals using a finger prick needle called a lancet, test strips and a blood sugar meter.



Centers for Disease Control and Prevention: <https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

Brian’s new diagnosis prompted him to find out how his HealthSelect of Texas medical benefits would help him manage his condition. He visited the HealthSelect website (**healthselectoftexas.com**). He learned his benefits cover training on how to use his diabetes equipment and supplies as well as nutritional counseling provided by licensed professionals, if ordered by his PCP. Brian also learned that his HealthSelect plan includes access to Blue Cross and Blue Shield of Texas (BCBSTX) care management clinicians at no extra cost.



Brian spoke to a clinician about his diagnosis. The clinician answered his questions, provided resources to help him manage his condition and offered suggestions to help him follow his treatment plan. At the clinician’s recommendation, Brian also signed up for a weight management program at no extra charge for added support for losing weight and eating healthfully.

## Choose between two programs to help you manage your weight



Find out more about care management and weight management programs and additional resources, at **healthselectoftexas.com**. You can also call a BCBSTX Personal Health Assistant toll-free at **(800)252-8039 (TTY: 711)**, Monday-Friday, 7 a.m.-7 p.m. CT and Saturday, 7 a.m.-3 p.m. CT.

For more information about your prescription drug benefits (PDP) or for help finding an in-network pharmacy, contact HealthSelect PDP customer care toll-free at **(855) 828-9834 (TTY:711)**.

Certain diabetic supplies available at no cost through the HealthSelect PDP. (Consumer Directed HealthSelect participants must first meet their deductible and then pay coinsurance.) Coverage of glucometers is subject to change.

Wondr and Real Appeal are independent companies that have contracted directly with ERS to provide weight loss and metabolic syndrome reduction programs that are covered under some of the health benefit plans. These companies are solely responsible for the products or services offered by them. Your acceptance is not guaranteed. Participants may choose either weight management program but can only participate in one program at any given time.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.