

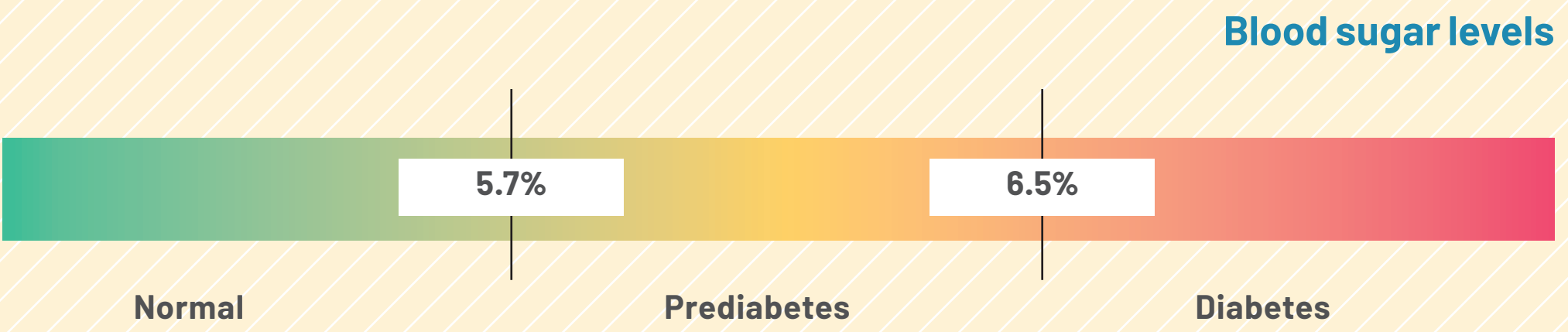
GET HELP LIVING WITH DIABETES

Diagnosed with prediabetes or diabetes? As a HealthSelectSM participant, you have many resources to help you manage your condition, including a dedicated team of care management clinicians.

Participants enrolled in HealthSelect of Texas[®] and HealthSelectSM Out-of-State might even qualify to receive a no-cost glucometer and diabetic supplies including test strips, lancets and lancing devices through their prescription drug plan benefits. (Consumer Directed HealthSelectSM participants pay 20% coinsurance for diabetic supplies after annual in-network deductible is met.)

Brian's Journey

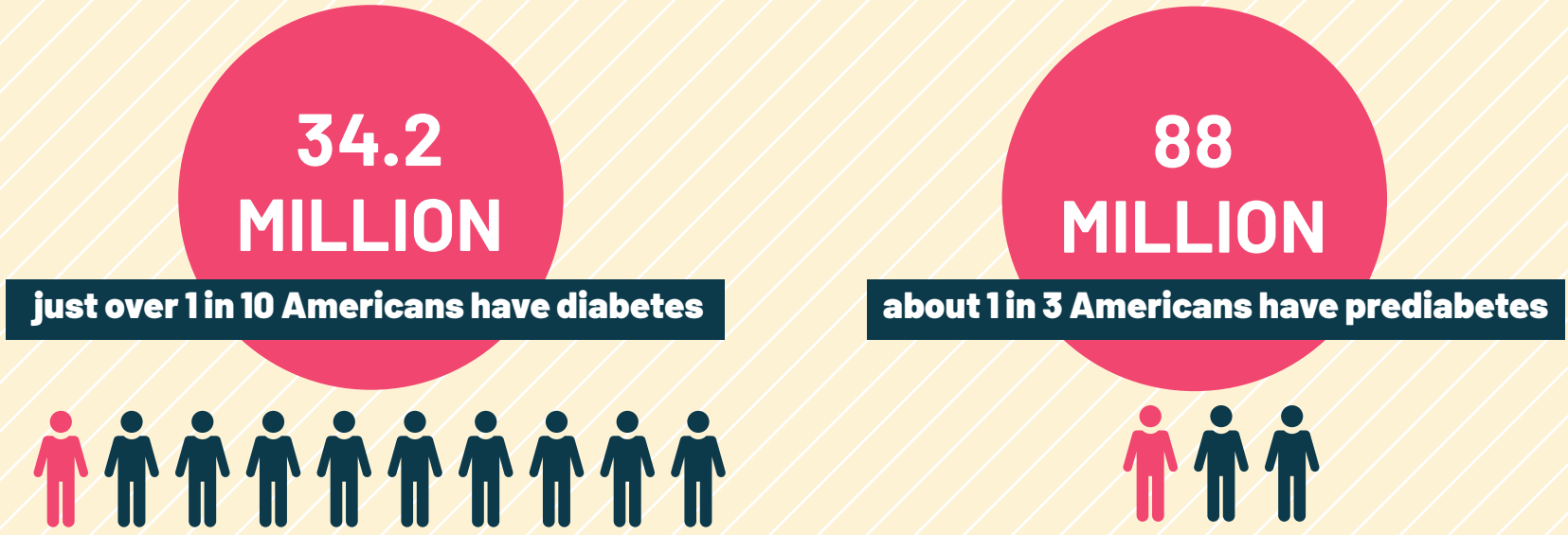
Brian was diagnosed with prediabetes when an A1C test during his annual wellness exam showed an above-average blood sugar level. His primary care provider told him that with diet and exercise, he might be able to return his blood sugar level to a normal range and avoid developing Type 2 diabetes.



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 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 and to take prescribed medication.

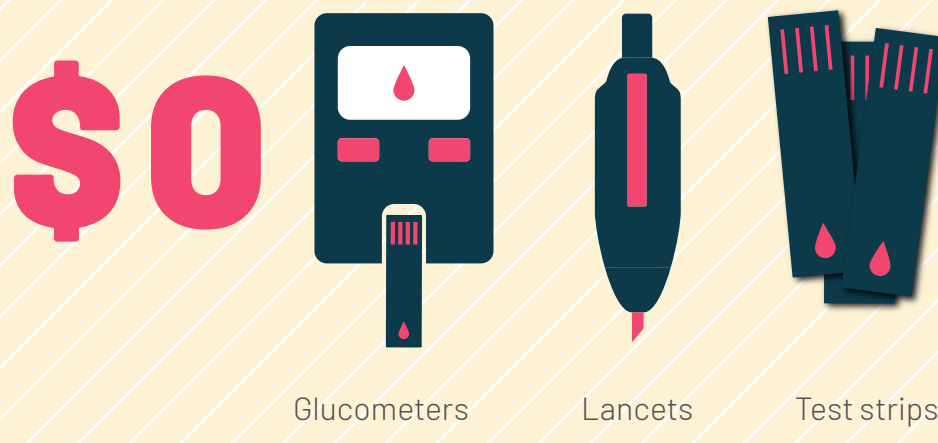
Percentage of people with diabetes



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 medical benefits would help him manage his condition. Brian, a HealthSelect of Texas participant, first visited the HealthSelect website. He learned he could get glucometers and diabetic testing supplies through his medical benefits and pay 20% of the cost at an in-network pharmacy. Additionally, Brian could get a no-cost meter and supplies through his HealthSelect Prescription Drug Plan benefits.

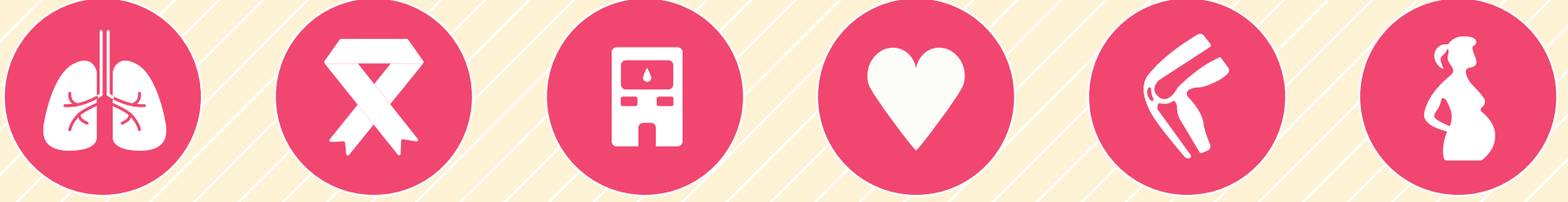
Zero cost meters and supplies



You might qualify for a \$0 glucometer and testing supplies through your prescription drug plan.*

Brian also learned that his HealthSelect plan includes access to care management clinicians at no extra cost. Clinicians are available by phone to provide extra support and guidance for participants with all types of health conditions.

Help in managing his care



Care management is offered for health concerns including asthma, cancer, diabetes, heart disease, high blood pressure, musculoskeletal conditions and pregnancy.

Brian spoke to a clinician about his diagnosis. The clinician answered his questions, provided resources to help him manage his condition and offered to work with his providers 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 programs and additional resources, at www.healthselectoftexas.com. You can also call a Blue Cross and Blue Shield of Texas Personal Health Assistant 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.

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).

*Coverage of glucometers is subject to change.

Certain diabetic supplies available at no cost through the HealthSelect PDP. (Consumer Directed HealthSelect participants must first meet their deductible and then pay coinsurance.)

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, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas[®] and Consumer Directed HealthSelectSM.