

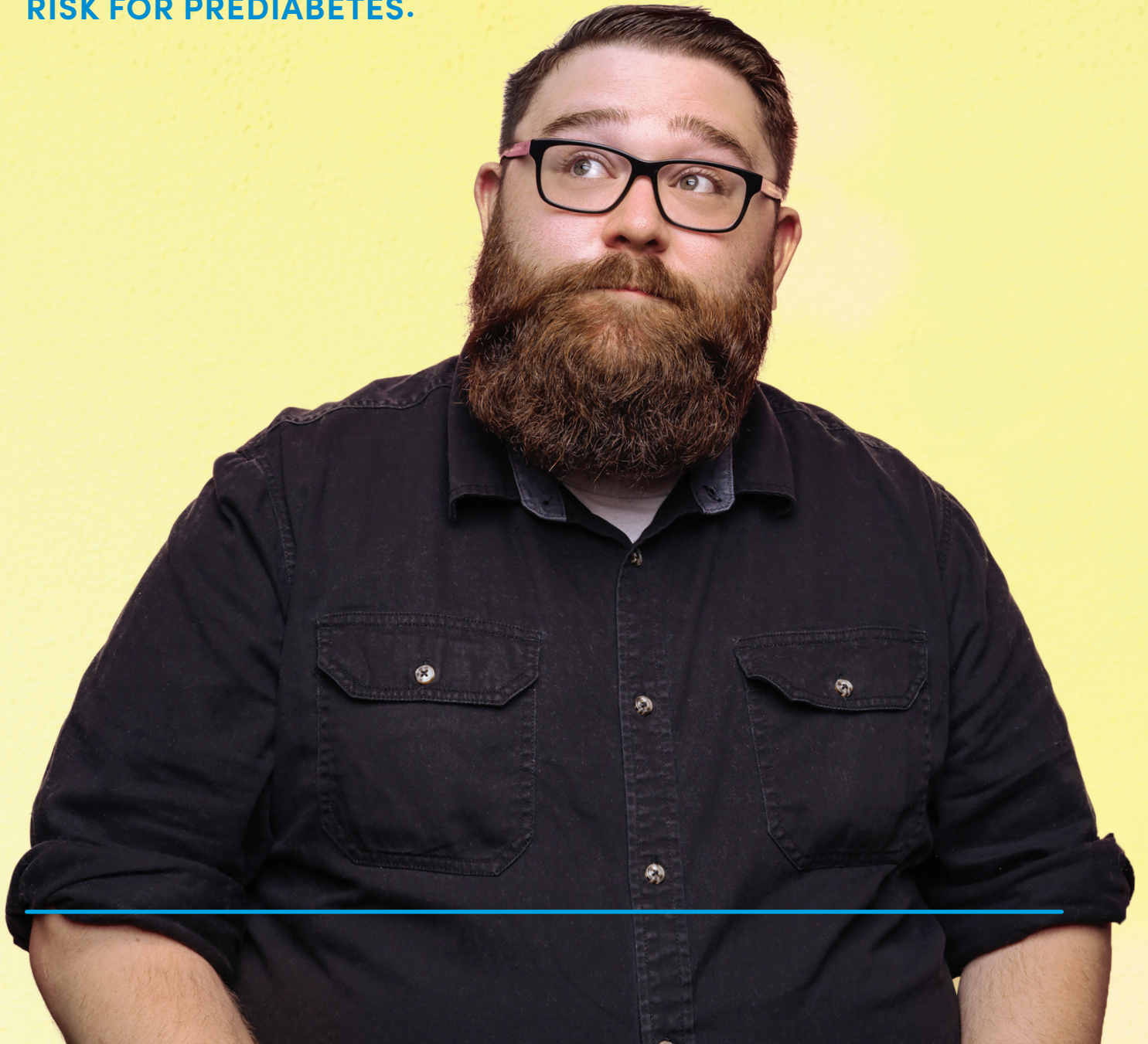


WELLNESS SOLUTIONS

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# Diabetes Prevention

LEARN ABOUT YOUR POTENTIAL  
RISK FOR PREDIABETES.



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**Prediabetes is a reversible condition that affects millions of people – many of whom don't realize they have it.**

**Having prediabetes means your blood sugar levels are higher than normal, which can lead to type 2 diabetes. The good news is that it's reversible if discovered and managed early in your care.**

**To help you determine your risk, take our brief online questionnaire. We also offer these programs that provide support:**

#### **Online/mobile access**

- Livongo® for prediabetes – gain access to digital tools and mobile access to a live coach and a community of support
- Case Specific Nutrition™ – virtual nutrition and online support programs

#### **In-person access**

- In-person coaching session and peer support at participating YMCAs
- Case Specific Nutrition – get the same online community support in person at local facilities

**And more. It's all included with your health insurance.**

The Diabetes Prevention program is offered to members who screen positive for prediabetes and is covered if it is included as part of your health plan's preventive schedule.

Livongo is an independent company that provides a diabetes management program on behalf of Highmark.

Highmark Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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**Log into [highmarkblueshield.com](https://highmarkblueshield.com) and click on **Diabetes Prevention** to learn more.**

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