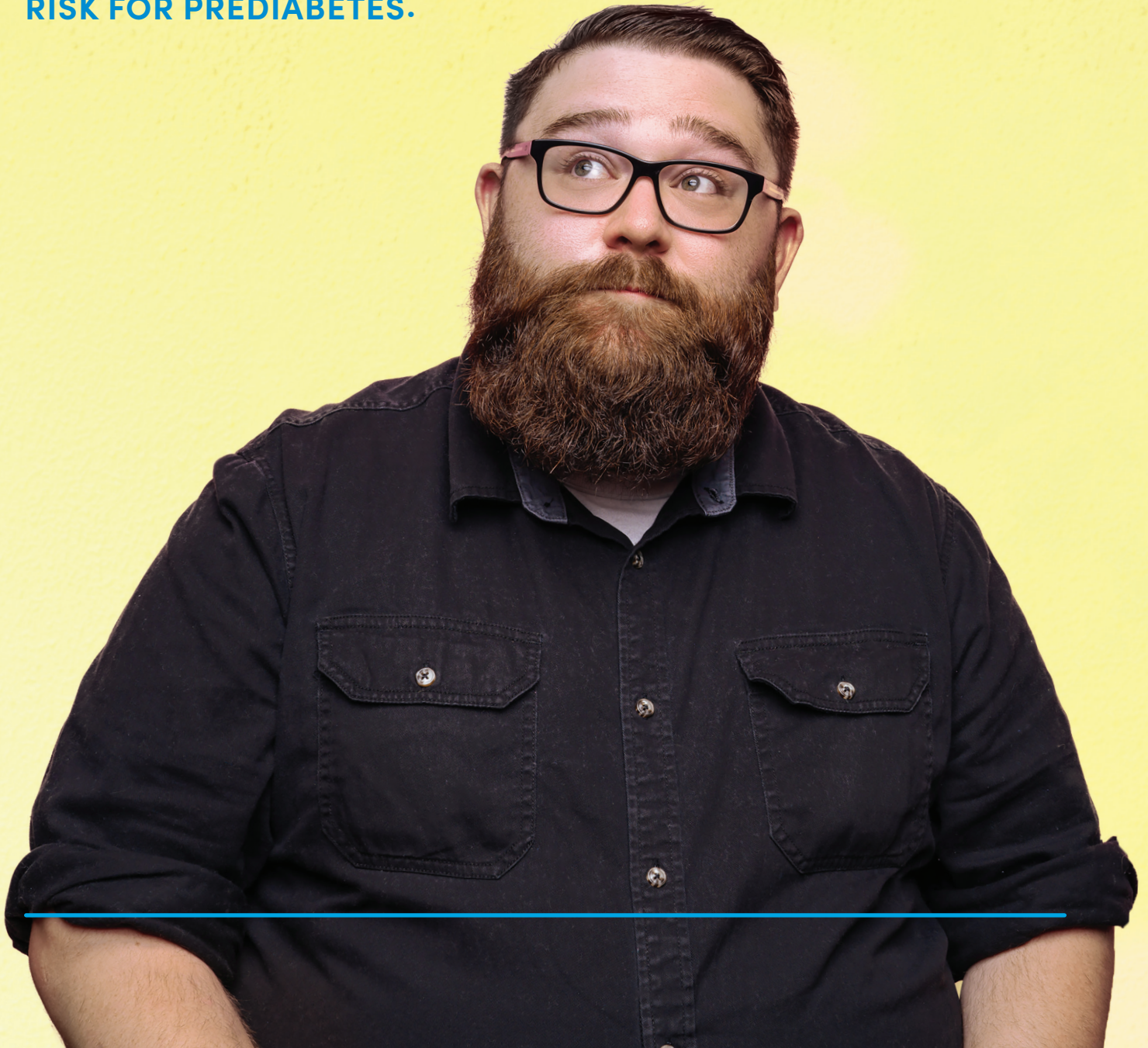


WELLNESS SOLUTIONS

Diabetes Prevention

LEARN ABOUT YOUR POTENTIAL
RISK FOR PREDIABETES.



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

Log into
highmark.com/blueshieldnyny
and click on **Diabetes**
Prevention to
learn more.

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 Blue Shield of Northeastern New York.

Highmark Blue Shield of Northeastern New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

Highmark BSNNY 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 habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-544-2583.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-544-2583。