



A helping hand to manage your diabetes





Living well and thriving with diabetes can be tough. But at least one thing is about to get a little easier. Florida Blue can help you get the medicines, tests and appointments that you need to live healthy with diabetes for \$0.*

Each year, you'll get these services at no additional cost to you with your health plan:*

- Diabetic retinal and foot exams
- Glucose meters, insulin pumps and insulin pump supplies (except for insulin)
- Diabetic training**
- Labs done four times each year including HbA1c, lipid panel and urinalysis for kidney function

Personalized Support and Resources to Help You Manage Your Health

We know that each person has unique health care needs. That's why we've designed some no-cost tools and services around YOU—to help you get the most out of your health plan. Tap into these resources and start living well.

-  **Care Consultants** can help you understand your health benefits and treatment options: 888-476-2227.
-  **Care coordination** helps with disease management and extended care to ensure your treatment and recovery are on the right path: 888-476-2227.
-  **Blue365**, an exclusive national member discount program, offers savings on gym memberships, vision care, hearing aids, weight management programs and more.
-  **Member website** and **mobile app** give you 24-hour access to your plan information, ID cards, cost comparisons and more.

If you get your coverage from your employer, or if you have a Medicare plan, you may have different benefits than those listed here. Please check your policy for details by logging into your member account at floridablue.com or floridablue.com/medicare. You can also call the customer service number on the back of your member ID card.

* Benefits available to members with an Affordable Care Act health plan. If you get coverage from your employer, please check your policy for specific coverage and benefits. If you have a Health Savings Account (HSA), these benefits are not available at \$0. Please refer to your policy for information on the specific cost shares and suppliers applicable to health services.

** Must have the diagnosis of diabetes. Outpatient self-management training and educational services are available at no cost share when provided under the direct supervision of a certified diabetes educator or a board certified Physician specializing in endocrinology. Nutritional counseling must be provided by a registered and licensed dietitian.

Blue365® offers access to savings on items that members may purchase directly from independent vendors. Blue365 does not include items covered under your policies with Florida Blue or any applicable federal health care program. Blue Cross and Blue Shield Association (BCBSA) and local Blue companies may receive payments from Blue365 vendors. For more information about Blue365, go to floridablue.com.

Florida Blue contracts with Prime Therapeutics, LLC to provide pharmacy benefit management and mail order pharmacy services.

Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association.

We comply with applicable Federal civil rights laws and do 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 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).