

Intranet Content – Diabetes Solution

Add content to your intranet site to help your employees understand the diabetes program that is available to them. Please choose one of the following options:

- Introduction copy with a link to an informational flier
- Full content

Introduction with flier

Your health is important. Blue Cross and Blue Shield of Nebraska has a diabetes program, at no additional cost, for prediabetes, type 1 and type 2. This nurse-led program is personalized to meet your needs and gets results. Review the attached flier for more information. (*attach member flier from toolkit*)

Full Content

Diabetes can increase your risk for serious health problems, such as heart disease, circulatory issues that can lead to lower limb amputations, eyesight issues, kidney disease and more.

As part of your insurance plan, you have access to a FREE diabetes program that is supported by Blue Cross and Blue Shield of Nebraska nurse diabetes educators. This program is personalized to you and your family's specific needs.

The nurses can help you:

- Lose weight and increase activity
- Lower your glucose and A1C levels
- Reduce or eliminate your need for diabetes medication
- Understand how to get the most of your health plan benefits
- Feel like yourself again – enjoy more stress-free time with family and friends

"Great news...A1C is 6.9. Yay! I am encouraged and it feels good that my work is showing up in measurable ways!" – Blue Cross and Blue Shield of Nebraska member

Visit NebraskaBlue.com/Diabetes to learn more.