

DIABETES

EDUCATION AND SUPPORT

from one of our nurse diabetes educators

Have you been told you have prediabetes or diabetes?

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 our **nurse diabetes educators**. This program is personalized to you and your family's specific needs.

Our 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

➤ Visit NebraskaBlue.com/Diabetes to learn more.



SIGNING UP IS EASY!

Download the Wellframe app from your preferred app store.

You will need to enter access code **NEACTION** and your member ID when prompted.

Start managing your health today!

 **DOWNLOAD THE FREE WELLFRAME APP**
OR CALL 844-201-1546

