

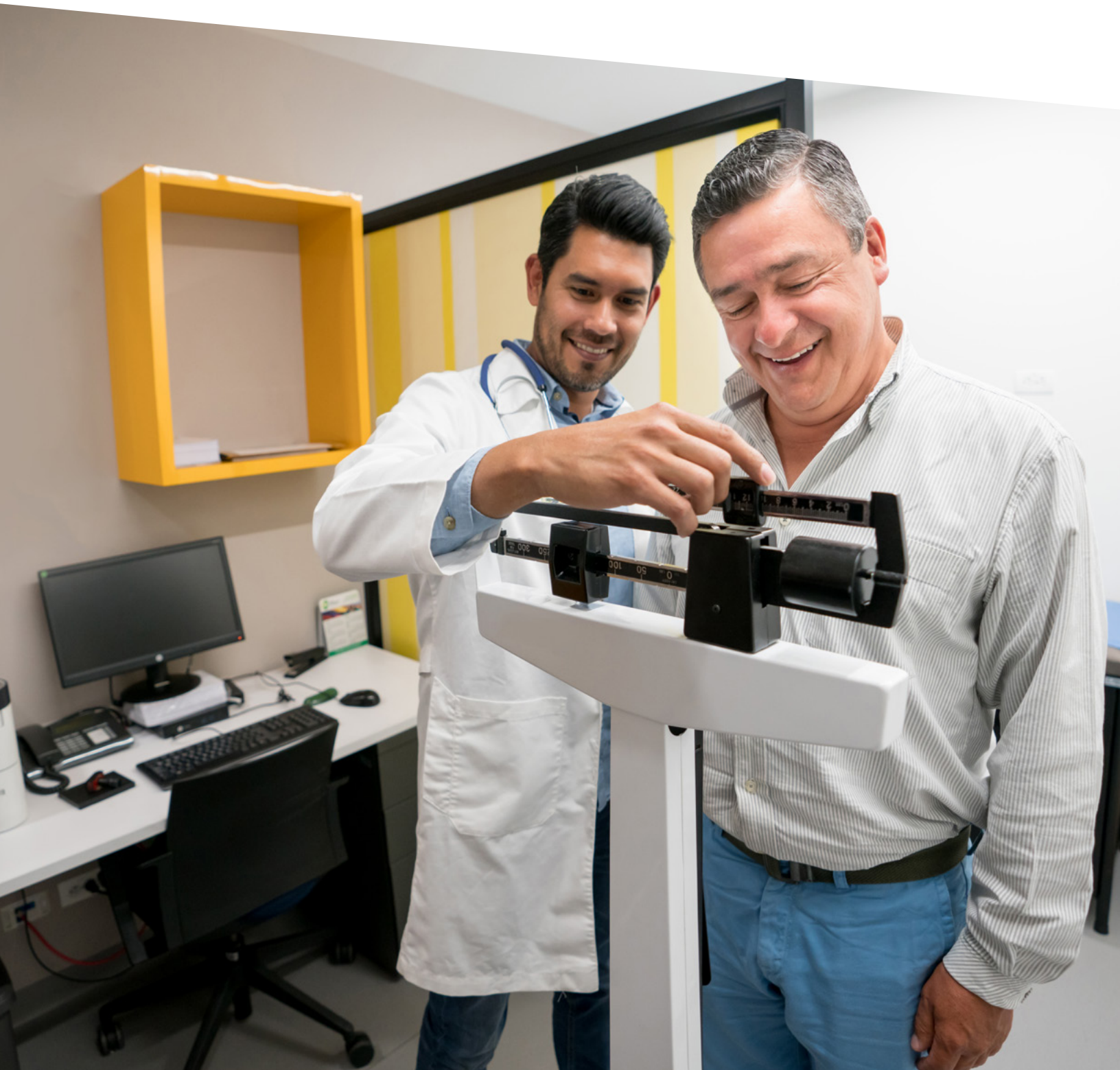


# Diabetes Care

## Employer Guide

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# Program overview

Your Arkansas Blue Cross and Blue Shield or Health Advantage health plan includes Diabetes Care – powered by Onduo – a type 2 diabetes program that has been demonstrated to reduce A1C and help your employees take control of their condition. Diabetes Care creates a personalized program for each of your employees with diabetes, featuring a digital app, coaching and support from care leads and educators, and even access to endocrinologists through telehealth visits. All at no additional cost to the member.

## Diabetes Care Programs

	Prevention	Management	Intervention
Eligible A1C	5.7 to 6.4	6.5 to 8	8 or more
<b>Program components</b>	<ul style="list-style-type: none"> <li>Health Weight app</li> <li>Nutritional coaching</li> <li>Lifestyle coaching</li> <li>Meal tracking</li> <li>Healthy challenges</li> </ul>	<ul style="list-style-type: none"> <li>Cellular enabled blood glucose monitor</li> <li>Auto fulfillment of blood glucose monitoring supplies</li> <li>Virtual diabetes app</li> <li>Access to a clinical personal coach</li> <li>Endocrinologist telehealth visits</li> <li>At-home A1C test kits</li> </ul>	<ul style="list-style-type: none"> <li>Bluetooth connected continuous blood glucose monitor with real-time coaching</li> <li>Auto fulfillment of blood glucose monitoring supplies</li> <li>Virtual diabetes app</li> <li>Access to a clinical personal coach</li> <li>Endocrinologist telehealth visits</li> <li>At-home A1C test kits</li> </ul>



# Member collateral

Employer support and awareness campaigns are key to engage employees and increase participation. That's why we've developed this toolkit with resources to help you increase program participation and help your employees with diabetes get healthy.

## Outlook email template

Simply open this email and send to your employees to give them an overview of the program. Includes a link for eligible employees to enroll.



Arkansas  
**BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association

### Diabetes Care

Your health plan includes no-cost support for prediabetes and type 2 diabetes. Diabetes Care—powered by [Onduo](#)—gives you tools, free supplies and a personal coach to help improve your health.



### PREDIABETES?

Your personal coach helps you develop a plan to eat better, move more and lose weight. The mobile app makes meal tracking easy.



### TYPE 2?

Get a free Bluetooth blood glucose monitor and auto-delivery of testing



# Program flyers

Having an open enrollment meeting, benefits fair or simply want something to post in the breakroom? Our program flyers can help build awareness and encourage employees to sign up. Available in Spanish, too!

## Living with diabetes just got easier

Your Arkansas Blue Cross and Blue Shield health plan includes free support for prediabetes and type 2 diabetes.

**Diabetes Care**—powered by Onduo—gives you tools, free supplies and a personal coach to help improve your health.

With Diabetes Care, you can:

- Get support: Meet your personal coach and get 1-on-1 support
- Get free tools: Receive the latest glucose monitoring devices to make tracking easy
- Get Testing Supplies: Tired of running out of testing supplies? Receive testing strips and lancets automatically.
- Get on with your life: Enjoy tools, support, answers and more—right from your smartphone

**Living with type 2**

"I was diagnosed with type 2 diabetes three years ago ... Since then I've been frustrated so many times not knowing the answer to why my sugar levels were jumping up when I was trying to do things the right way. I had given up on trying to manage it. This program, and the philosophy behind it, can only be described as **amazing!** It is so easy not having to manually track levels, meals or activities by hand. It takes care of the tracking for me. My care Lead is great and full of so much useful information!" — Craig S.

Sign up today at [onduo.com/arpgo](http://onduo.com/arpgo).

**Questions?**  
Call 1-888-HiOnduo (1-883-446-6386)  
Monday-Friday (8 a.m. to 5 p.m. CT)

Arkansas BlueCross BlueShield | Health Advantage

Onduo is offered at no extra charge as part of your healthcare plan. No credit card needed to sign up. Onduo LLC is an independent company that offers diabetes health management for eligible members of Arkansas Blue Cross and Blue Shield Association. ©2017 Onduo LLC

## Type 2 diabetes? We can help with that.

We know living with type 2 diabetes can be challenging. That's why your health plan includes Diabetes Care—powered by Onduo—a program that gives you the tools, supplies and personal coaching to help you manage your type 2 diabetes.

**With Diabetes Care, you'll get:**

- Free blood glucose monitoring devices
- Blood glucose monitoring supplies sent to you automatically
- Access to our virtual diabetes app to help you track your health in real time
- Personalized clinical coaching
- Telehealth visits with an endocrinologist
- At-home ATC kits

And it's all included in your health plan at no extra cost to you. Visit [onduo.com/arpgo](http://onduo.com/arpgo) to sign up today!

Arkansas BlueCross BlueShield | Health Advantage

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## Prediabetes? We can help with that.

Did you know healthy eating and exercise can reverse prediabetes? Even a small weight loss can lower your risk for developing type 2 diabetes. Your health plan includes Diabetes Care—powered by Onduo—a program that gives you the tools and personal coaching to help improve your health.

**You're at risk for prediabetes if you're:**

- Overweight
- 45 years old or older
- Have a parent or sibling with type 2 diabetes
- Don't exercise 3 or more times a week
- Have polycystic ovary syndrome or gestational diabetes

**With Diabetes Care, you'll get:**

- Easy meal and nutrition tracking in the Health Weight app
- Nutrition and lifestyle coaching from your personal coach
- Healthy challenges to help you eat right and move more

And it's all included in your health plan at no extra cost to you. Visit [onduo.com/arpgo](http://onduo.com/arpgo) to sign up today!

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# Campaign ideas

It's always a good time to help your employees get healthier! Here are some ideas to include Diabetes Care in your employee communications.

## When



**Healthy Weight Awareness Month (January)**



**Diabetes Awareness Month (November)**



**Benefit fairs**



**National Walk at Lunch Day (first Friday in April)**



**Open enrollment**

## Where



**Email**



**Meeting rooms**



**Intranet**



**Break rooms**



**Bulletin boards**



**Newsletter**

Interested in a customized Diabetes Care or wellness campaign? Talk to your Arkansas Blue Cross representative today about a campaign that fits you and your employees.

