



SEPTEMBER 29

WORLD



HEART DAY



Reduce your risk of cardiovascular disease.

If you live with any type of diabetes, the best way to maintain your heart health is to manage your diabetes. Try to keep your blood sugar in-range for as long and as often as you can. Diet, exercise, not smoking, taking your insulin and medication as prescribed, and attending your doctor visits will all help you get there.



At least once a year

Check your fasting blood lipid, urine/protein levels and have an eye and foot exam.

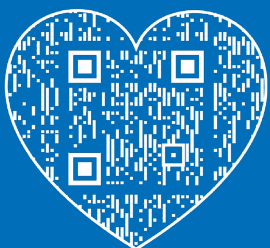


At least every 6 months

Check your A1C

Stay on top of your diabetes care. Enroll in the Good Health Gateway® Diabetes Care Rewards Program.

The Diabetes Program is available at no cost to our health plan members. Participants receive **unlimited support** and **earn \$0 copays** on covered diabetes medications and supplies when diabetes care activities are completed that help with managing diabetes. Participation is voluntary and confidential.



Enroll at GoodHealthGateway.com
Or call 800.643.8028. *Hablamos español!*