



— NATIONAL —
DIABETES MONTH
— NOVEMBER —

Regular check-ups with your doctors can help you stay on track with your diabetes treatment plan and allow you to make changes, if needed, before complications occur.

Successfully managing all types of diabetes also includes living a healthy lifestyle.

- | Eat a balanced diet.
- | Engage in physical activity.
- | Manage blood sugar.
- | Complete diabetes labs and exams.
- | Enroll in the **Good Health Gateway®** Diabetes Care Rewards Program for **support and \$0 copays** on covered diabetes medications and supplies.



Enroll Today!

800.643.8028 | Hablamos español.
GoodHealthGateway.com

14
NOVEMBER | WORLD
DIABETES
DAY



540 Million
people worldwide are
living with diabetes.



The Diabetes Program is available to our health plan members living with any type of diabetes at no cost. Participation is voluntary and confidential.