

# MANAGING DIABETES

## Quick Reference Guide

Of the 38.4 million Americans who have diabetes, about **1 in 5** don't even know they have it.<sup>1</sup>

We're committed to helping our members take an active role in their health, including how to better manage their diabetes.

## Important tests to keep your diabetes on track

Active at-home blood sugar (glucose) monitoring is essential to manage your diabetes. This can help keep your blood sugar levels within a normal range. Other important things you can do are to see your doctor regularly and get the right tests every year. These tests can help prevent serious health complications, such as heart disease, blindness, kidney failure and amputation.

Below is a list of recommended tests:



### A1c (hemoglobin)

This simple blood test is the primary method for managing your diabetes. It provides information about your average levels of blood sugar over the past three months.



### Eye exam

A dilated eye exam checks for damage to the blood vessels in your retina (a layer of tissue within the eye). It can help prevent diabetic retinopathy, a condition that can cause severe vision loss or blindness.



### Cholesterol

Unhealthy cholesterol levels can contribute to heart disease. LDL, the "bad" cholesterol, should be below 100. HDL, the "good" cholesterol, should be above 40 for men and above 50 for women.



### Kidneys

A urine test measures the protein level in your kidneys—an increase in protein could be a sign they aren't working as well as they should.



### Feet

Regular comprehensive foot exams and proper foot care can help prevent amputation.



## Schedule your tests today

Talk to your doctor about how ongoing testing can help you manage your diabetes.

# What you pay when you visit Preferred providers

Benefit	FEP Blue Basic®	FEP Blue Standard®
<b>Diagnostic blood and urine tests</b>	<b>15%</b> of our allowance	<b>15%</b> of our allowance (deductible applies)
<b>Cholesterol test, one per year</b>	You pay nothing	You pay nothing
<b>Vision services<sup>††</sup></b>	<b>\$35</b> for primary care* <b>\$50</b> for specialists*	<b>\$30</b> for primary care <b>\$40</b> for specialists (deductible does not apply)
<b>Foot care<sup>†</sup></b>	<b>\$35</b> for primary care* <b>\$50</b> for specialists*	<b>\$30</b> for primary care** <b>\$40</b> for specialists** (deductible does not apply)

Some services, when billed as part of your annual examination, are also covered with zero member cost share.

## Diabetes Management Program

We're excited to offer members a program that can help you manage your diabetes. Get an advanced blood glucose meter, unlimited strips and lancets and personalized coaching all at no out-of-pocket cost.

To learn more about the Diabetes Management Program, visit [fepblue.org/diabetes](https://fepblue.org/diabetes).

### Here's what you get:



An advanced glucose meter



Unlimited strips and lancets



24/7 personalized coaching

## Personalized nutrition counseling



Nutritional counseling is covered in full when you visit a Preferred provider. You can even use your Teladoc Health® benefit to get nutritional counseling from a virtual registered dietician. Get started at [fepblue.org/telehealth](https://fepblue.org/telehealth).

<sup>†</sup>cdc.gov.

\*Under FEP Blue Basic, you pay 30% of our allowance for agents, drugs and/or supplies you receive during your care.

\*\*Under FEP Blue Standard, this copay applies to your office visit only. You pay 15% of our allowance for all other services (deductible applies).

<sup>††</sup>You must be diagnosed with a specific condition, such as diabetes, to receive these services.

<sup>†††</sup>These benefits apply to associated services. For more information, please refer to the 2025 Blue Cross and Blue Shield Service Benefit Plan—FEP Blue Standard and FEP Blue Basic brochure.

This information is not meant to substitute the advice of your doctor or any other healthcare professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The Diabetes Management Program by Livongo® is available to all FEP Blue Standard and FEP Blue Basic members who've had at least one medical or pharmacy claim in 2024 or 2025 with a diagnosis of Type 1 or Type 2 diabetes.

Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.

The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies.

The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program® and FEP® are all trademarks owned by Blue Cross Blue Shield Association.