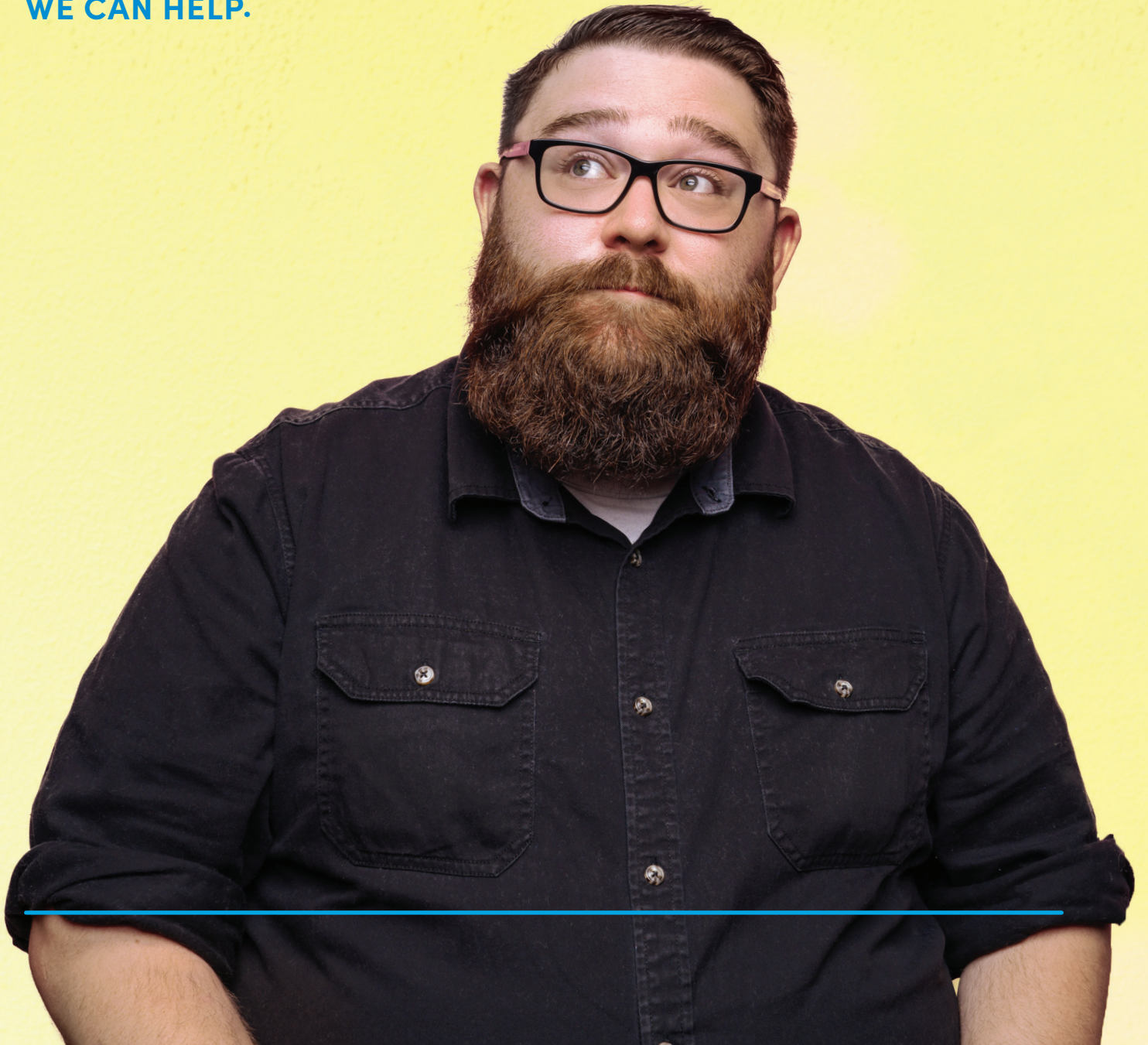


Diabetes Prevention

**PREDIABETES IS REVERSIBLE.
WE CAN HELP.**



Learn simple, effective lifestyle changes that can help reverse prediabetes — and help you feel better.

Prediabetes means your blood sugar levels are higher than normal, which can lead to type 2 diabetes. 84 million Americans have prediabetes, and 90% don't know it.

Online/mobile –

- Online coaching sessions with experts
- Connection with a supportive online community
- Suite of digital tools, lessons, and videos

Log onto the member website at highmarkbcbs.com and click on Diabetes Prevention to learn more.

And more. It's all included with your health insurance.

The diabetes prevention program is a prevention program that must be included as part of your health plan's preventive schedule.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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