

# Onduo Diabetes Management

Manage type 2 diabetes on your own terms.



## **ONDUO DIABETES MANAGEMENT IS A VIRTUAL CARE PROGRAM THAT:**

Comes with your health plan and helps you manage your care from the comfort of anywhere.\*

Uses a smartphone and the Onduo app to provide access to the virtual health clinic and a team of care leads that can answer your questions and guide you through your health journey.

Gives you a personalized plan with ongoing, coordinated support between visits to your primary care provider.



**Type 2 diabetes is manageable — especially when you have the right tools and team in your corner.**

Visit [MyHighmark.com](https://www.MyHighmark.com) and click on Benefits to access the Onduo program to get started and receive a free smart blood glucose meter and unlimited test strips.

\*There is no additional cost for most health plan members. If you have a qualified high deductible plan, you may have to pay out of pocket for some services with this solution until you meet your deductible. To determine if you have any costs for care, you can call the Member Service team at the number on the back of your member ID card. Onduo is a separate company that provides a virtual diabetes care program for your health plan.