



## Support For Your Diabetes

Having diabetes means you have too much glucose, or sugar, in your bloodstream. Diabetes occurs when your body does not process glucose correctly, causing it to build up in your bloodstream.

Through our Great Expectations for Diabetes program, you have access to a personal health coach who will partner with you to help reduce your risk of complications and improve your overall quality of life.

### Your health coach will:

- Help you identify barriers to reaching and maintaining your health goals.
- Personalize your plan for better health.
- Help you find a physician if you don't have one.
- Help you get the most out of your health benefits.

As a member of the program, you will also have access to a variety of online tools to help you on your path toward better health.

To learn more and meet some of our coaches, visit [www.BlueChoiceSC.com/GreatExpectations](http://www.BlueChoiceSC.com/GreatExpectations).

### Enrolling

If you are identified for the program, we will automatically enroll you at no charge. Or you can self-enroll by calling **855-838-5897** and selecting option 2.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association.