



WELLNESS SOLUTIONS

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# Diabetes Prevention

LEARN ABOUT YOUR POTENTIAL  
RISK FOR PREDIABETES.



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**Prediabetes is a reversible condition that affects millions of people – many of whom don't realize they have it.**

**Having prediabetes means your blood sugar levels are higher than normal, which can lead to type 2 diabetes. The good news is that it's reversible if discovered and managed early in your care.**

**To help you determine your risk, take our brief online questionnaire. We also offer these programs that provide support:**

#### **Online/mobile access**

- Livongo® for prediabetes – gain access to digital tools and mobile access to a live coach and a community of support
- Case Specific Nutrition™ – virtual nutrition and online support programs

#### **In-person access**

- In-person coaching session and peer support at participating YMCAs
- Case Specific Nutrition – get the same online community support in person at local facilities

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

The Diabetes Prevention program is offered to members who screen positive for prediabetes and is covered if it is included as part of your health plan's preventive schedule.

Livongo is an independent company that provides a diabetes management program on behalf of your health plan.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.

Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex. This information is available in alternate formats, free of charge, by calling Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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**Log into**  
**[AllMyHealth.com](https://www.allmyhealth.com)**  
**and click on **Diabetes****  
****Prevention to****  
**learn more.**

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