Manage your diabetes

Get extra support from a diabetes care and education specialist





Managing a condition like diabetes can be complicated. There's a lot to learn, and you may have questions. Our **certified diabetes care and education specialists** can help.

- They can answer your questions and give you the support you need to manage your diabetes.
- Their goal is to give you all the education and resources you need to manage your health.
- You can talk to our **certified diabetes care and education specialists** at no extra cost to
 you. It's part of your Florida Blue Medicare plan.

Don't wait to get help. Call the Care Management team's **certified diabetes care and education specialists** today to see how we can support your health goals.

1-800-955-5692

Option 1, then Option 2 8 a.m.–5 p.m., Monday–Friday

Our certified diabetes care and education specialists can help you answer these questions:

- How do I take my diabetes medications?
- What diet should I be following for my diabetes?
- I am newly diagnosed with diabetes. What comes next?
- What should my blood glucose readings be?
- What is an A1C?
- How do I manage it all?

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