

# Diabetes Management Plus

## For small groups

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Chronic conditions like diabetes are costly and highly prevalent. Two in three adults living with diabetes also have hypertension and nine out of ten are overweight or obese.<sup>1</sup> Premera Blue Cross offers a virtual solution to support members with diabetes and weight management.

### Multi-faceted program design



#### Comprehensive support

Integrated design that goes beyond diabetes and provides support for hypertension, mental health, and weight management.



#### Improved outcomes

Members who manage chronic conditions in one place can overcome care fragmentation and improve their health outcomes<sup>2</sup> to reduce total cost of care.

### How Diabetes Management Plus works

Members must have a diabetes diagnosis to be eligible to enroll in Diabetes Management Plus.

**MULTI-CONDITION SUPPORT**

**Diabetes Management Plus**

- + Hypertension support**
- + Digital mental health**
- + Standard weight management**

### Tools for success

Members who qualify for the Diabetes Management Plus program can receive a smart scale and blood pressure cuff.

**Contact your Premera account representative for more information.**



<sup>1</sup>"National Diabetes Statistics Report." Centers for Disease Control and Prevention, [www.cdc.gov/diabetes/php/data-research/index.html](http://www.cdc.gov/diabetes/php/data-research/index.html). Accessed 11 July 2024

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