MARCH WELLNESS

DIABETES ALERT DAY

In observation of the ***American Diabetes Association "Diabetes Alert Day": March 26, 2019***, please see the important information below on diabetes and the management of diabetes. This information has been provided by Abacus Health Solutions, which specializes in helping people manage and improve their health.

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Did you know…….

- 90% of people with pre-diabetes *don't know they have it?*
- And pre-diabetes *can lead to Type 2 diabetes* and its many health complications?

Do you know…….

- your risk for Type 2 Diabetes?

To take a 60-second online quiz through the American Diabetes Association, which also offers a brief explanation of each risk factor, click here: **Diabetes Risk Test**

Do you already know…….

- that you, a spouse or child on the West Suburban Health Group health plan has pre-diabetes or diabetes?

Join the Good Health Gateway® *Diabetes Care Rewards Program*. The program provides support to those living with pre-diabetes/diabetes as well as *0$ copay for diabetes medication and diabetes supplies* for completing the 5 diabetes care activities.

- Take advantage of this free program - visit Good Health Gateway® online www.GoodHealthGateway.com or call 800.643.8028 to speak to a HelpLine Advocate.

For additional information on diabetes, please click here to visit: **American Diabetes Association**

For additional information on the Good Health Gateway *Diabetes Care Rewards Program*, please click here to visit: **Good Heatlh Getaway**

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com