



# Diabetes Care Guide

Whether you've just learned you have prediabetes or you've been living with diabetes for years, staying your healthiest can be easier with support. Explore this guide for a quick overview of some diabetes basics and details on resources in your Coca-Cola Consolidated benefits programs designed to help you manage a health condition, take care of your mental well-being and live a healthy lifestyle. It's all available at no additional cost.



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# Diabetes: What You Need to Know



**When we eat food, our body breaks it down into glucose (blood sugar) and turns it into energy. A hormone called insulin regulates how much glucose gets released into our bloodstream. When people have diabetes, their bodies don't make enough insulin or don't use insulin well. And that means too much glucose stays in their bloodstream — something that can lead to serious health issues like heart disease, vision loss and kidney disease.<sup>1</sup>**

## There are 4 types of diabetes:

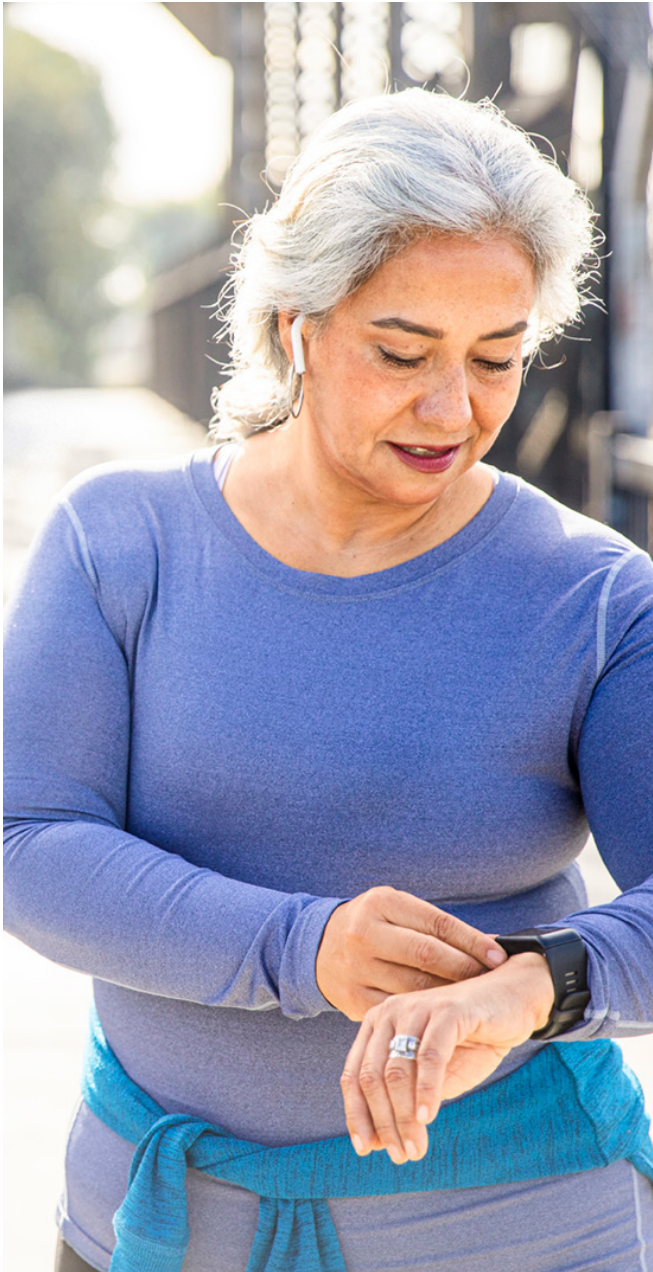
Prediabetes	Type 1 diabetes	Type 2 diabetes	Gestational diabetes
When you have a sustained high blood glucose level, but not high enough to be diagnosed as type 2.	When your body doesn't produce enough insulin.	When your body is unable to use insulin properly to break down the glucose in your blood.	When you've never had diabetes before, but it develops during pregnancy.
At this stage, diabetes can still be prevented with help from your doctor.	Type 1 diabetes develops most often in childhood, primarily when diabetes runs in the family.	This is the most common form of diabetes, primarily found among those who are overweight or physically inactive.	This type of diabetes typically goes away, but half of all women who had gestational diabetes develop type 2 diabetes later. <sup>2</sup>

<sup>1</sup> Centers for Disease Control and Prevention (CDC). [Diabetes basics](#). May 15, 2024.

<sup>2</sup> CDC. [About gestational diabetes](#). May 15, 2024.



# Diabetes: What You Need to Know



## Risk factors for prediabetes and type 2 diabetes<sup>3</sup>

- Being overweight
- Being age 45+
- Having a parent or sibling with type 2 diabetes
- Exercising fewer than 3 times per week
- Having gestational diabetes in the past
- Having polycystic ovary syndrome



## Warning signs of diabetes<sup>4</sup>

- Urinating often
- Feeling very thirsty or hungry (even when you're eating a lot)
- Being very tired
- Having blurry vision
- Experiencing tingling, pain or numbness in your feet
- Being slow to heal when you have cuts or bruises

Your doctor can check your blood sugar by 1 of 2 measurements.<sup>5</sup>

	Fasting blood sugar	A1C
Normal	≤99 mg/dL	<5.7%
Prediabetes	100–125 mg/dL	5.7%–6.4%
Diabetes	≥126 mg/dL	≥6.5%

<sup>3</sup> CDC. [Prediabetes — your chance to prevent type 2 diabetes](#). May 15, 2024.

<sup>4</sup> American Diabetes Association. [Warning signs and symptoms](#). Accessed June 10, 2024.

<sup>5</sup> CDC. [Testing for diabetes](#). May 15, 2024.



# Steps for Staying Healthy<sup>1</sup>

**If you have diabetes, these checklists can help you stay on track with recommended care. Of course, be sure to ask your doctor what's best for you.**

## Everyday steps for managing diabetes\*

- ☐ Check your blood sugar as directed by your doctor
- ☐ Make healthy food choices
- ☐ Take medications as prescribed by your doctor
- ☐ Exercise regularly
- ☐ Take good care of your teeth
- ☐ Check your feet for cuts, sores, bruises, cracks or loss of feeling

## Routine care is key to managing diabetes\*

### Every 6 months

- ☐ A1C test\*\*
- ☐ Dental visit
- ☐ Doctor visit\*\*

### Every year

- ☐ Flu shot
- ☐ Kidney tests
- ☐ Hearing check
- ☐ Cholesterol test
- ☐ Comprehensive foot exam
- ☐ Dilated eye exam



\* The information provided is for general informational purposes only and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this information is appropriate for you.

\*\* If you're not meeting your treatment goals, your doctor may recommend a visit and A1C test every 3 months.

<sup>1</sup> Centers for Disease Control and Prevention. [Your diabetes care schedule](#). May 15, 2024.



**There's a lot to manage with diabetes, from prescriptions and insulin to test strips and appointments. Make the most of your benefits and available support with these programs.**

### **Chronic Conditions Management Program**

If you're enrolled in a CCCI medical plan, you're automatically covered for provider visits to monitor diabetes and you'll get reduced costs for preventive prescriptions.

#### **Prescription coverages\***

- A 30-day prescription — \$4
- A 90-day mail-order prescription — \$8

#### **Preventive maintenance care coverage**

- 100% coverage (no out-of-pocket) for routine preventive maintenance visits
- May include A1C testing, diabetic foot care exams, nutritional counseling, eye exams, lipid panel labs and microalbumin urine tests



For medical coverage questions, call UnitedHealthcare at **1-833-719-1700**.



For pharmacy questions, call CVS Caremark® at **1-877-726-5379**.

### **Cigna Dental Oral Health Integration Program®**

Get reimbursed for your out-of-pocket costs on preventive dental treatments.\* Those who have diabetes — or other chronic health conditions — can enroll in this program if covered under a CCCI Cigna® dental plan. It's designed to support people at high risk for issues such as gum disease and tooth decay.



Call: The number on the back of your Cigna ID card. Ask for a mailed registration form.



Visit: [myCigna.com](https://mycigna.com) > Coverage > Dental. Fill out the registration form online.

\* Injectable GLP-1 diabetic prescriptions may require your doctor's prior authorization.

## EyeMed™ vision benefits\*

Everyone should get regular eye exams. If you have diabetes, it's even more important because diabetes increases your risk of glaucoma, cataracts and blindness.<sup>1</sup> Your benefits cover an eye exam once every 6 months at \$0 copay when you choose a network provider. That includes the following screenings:

- Extended ophthalmoscopy
- Gonioscopy
- Fundus photography examination
- Scanning laser

## Diabetes supplies

If you use your medical or pharmacy benefit for diabetes equipment and supplies, here's what may be covered. Please be sure to talk with your doctor, as they'll need to obtain prior authorization for you.

	Traditional diabetic blood glucose meters	Continuous glucose monitors (CGMs)	Omnipod® disposable insulin pumps	All other insulin pumps
Device coverage	One meter covered every year at no cost to you	Covered as durable medical equipment at a reduced cost of \$150 (copay)	Covered at a reduced cost of \$80 (copay)	Covered as durable medical equipment, subject to deductible and coinsurance
Supplies	Lancets, test strips and syringes are available through mail order with insulin prescription refills	\$20 (cost share) for a 30-day supply  Most durable medical equipment providers ship as a 90-day supply.	<ul style="list-style-type: none"> <li>• \$4 for a 30-day supply of insulin cartridges</li> <li>• \$8 for a 90-day supply</li> </ul> Costs are the same no matter how many cartridges you require per month.	Covered as durable medical equipment, subject to deductible and coinsurance
For more information or assistance with coverage	CVS Caremark: <b>1-877-726-5379</b>  Request a meter: <a href="https://info.caremark.com/dig/managingdiabetes">info.caremark.com/dig/managingdiabetes</a>	UnitedHealthcare Customer Care: <b>1-833-719-1700</b>  CCCI dedicated health engagement nurse: <b>1-704-762-0264</b>	CVS Caremark: <b>1-877-726-5379</b>  CCCI dedicated health engagement nurse: <b>1-704-762-0264</b>	UnitedHealthcare Customer Care: <b>1-833-719-1700</b>  CCCI dedicated health engagement nurse: <b>1-704-762-0264</b>

<sup>1</sup> Centers for Disease Control and Prevention. [Vision loss and diabetes](#). May 15, 2024.

\* Only applies to non-union vision coverage.

**Dealing with a physical health condition can often have an emotional impact too. And regardless of our health conditions, we all deal with challenges like relationship issues, caregiving responsibilities, stress and more. CCCI benefits offer support to help with it all.**

### **Employee Assistance Program (EAP) by Magellan**

Life can come with challenges anytime. Whether it's a short-term issue or you experience depression or anxiety, your EAP is here for you. Call 24/7 to talk with someone about what you're going through. You can also get up to 8 visits with a professional counselor per issue, per year. They're available at no cost to you.



Call:  
**1-800-888-2273**



Visit:  
[member.magellanhealthcare.com](https://member.magellanhealthcare.com)

### **Live and Work Well through UnitedHealthcare**

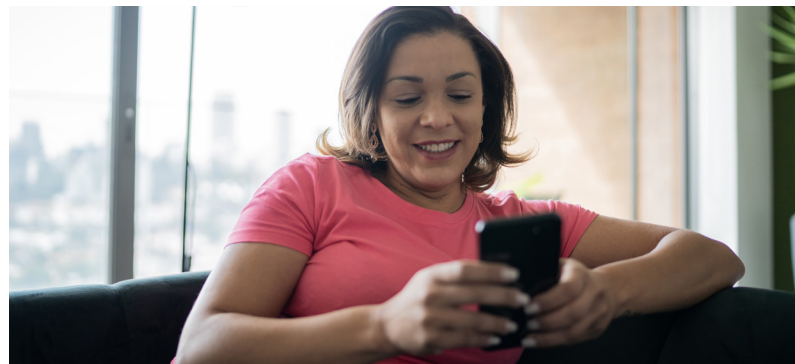
Looking for a therapist? Wondering what your benefits cover? Find the answers at Live and Work Well. You can search for a provider, schedule in-person or virtual behavioral health visits, access online resources and more.



Call:  
**1-833-719-1700**



Visit:  
[liveandworkwell.com](https://liveandworkwell.com)  
(access code: **CCCTeam**)



### **Calm Health**

Access programs and tools designed to help you work toward goals like sleeping better, managing stress and being more resilient. Plus, get 24/7 access to guided meditations, sleep stories, soothing soundscapes and more.



Visit:  
[uhc.app/calm](https://uhc.app/calm) or the  
**UnitedHealthcare® app**

### **Talkspace**

Want to see a therapist but you don't have time for in-person appointments — or you'd rather connect from home? Try Talkspace. You can connect with a licensed therapist right from the comfort of your home from your phone or desktop, anytime, anywhere.



Visit:  
[talkspace.com/connect](https://talkspace.com/connect)



# Wellness Programs

**Focusing on your well-being is important anytime. And if you have prediabetes or diabetes, healthy choices like eating well and exercising may have an especially big impact on your health. If you want to stop using nicotine or have other health-related goals, support is available to help you make a personalized plan and stick with it.**

## Quit For Life

Smoking is one cause of type 2 diabetes, and people with diabetes who smoke are more likely to have trouble with insulin dosing.<sup>1</sup> If you're ready to quit nicotine, get support with Quit For Life®. It's available to you at no additional cost and gives you tools to help manage your cravings.

- **Receive nicotine replacement therapy recommendations** — Overcome cravings with patches or gum at no additional cost, based on eligibility.
- **Get coach support** — Talk with a coach who will help create a personalized Quit Plan and guide you at every step.
- **Access quit resources 24/7** — Get real-life tips and plan your path to quit with recommended daily goals, articles and videos.



Call: **1-866-QUIT-4-LIFE**  
(1-866-784-8454), TTY 711



Visit:  
[quitnow.net](https://quitnow.net)

## Real Appeal

Being overweight increases your risk for type 2 diabetes and other health conditions like heart disease. The good news is that losing just 10-15 pounds can have a real impact.<sup>2</sup> Real Appeal\* is a 52-week online wellness and weight-management program that focuses on gradual and sustained weight loss and behavior change to help you live your best, most rewarding life. It includes:

- **Supportive coaching and sessions:** Get personalized guidance from a coach who leads collaborative weekly group sessions.
- **Tools to help you make behavior change possible:** Address topics like emotional eating, mindset and motivation, and more.
- **Resources to stay motivated:** Get a Success Kit that includes access to online fitness classes, scales, a portion plate and more.



Visit:  
[realappeal.com](https://realappeal.com)



<sup>1</sup> CDC. [Smoking and diabetes](#). Oct. 13, 2023.

<sup>2</sup> American Diabetes Association. [Extra weight, extra risk](#). Accessed June 6, 2024.

\*Real Appeal enrollment requires a BMI of 23 or higher.

Real Appeal and Quit For Life are voluntary programs available at no additional cost to eligible teammates enrolled in a UnitedHealthcare medical plan and covered dependents age 18+.



## Wellness Programs



### One Pass Select

Make exercise part of your routine and get convenient home grocery delivery with One Pass Select™.



#### At the gym

Choose from thousands of fitness locations for strength training, yoga, swimming, spin classes and more.\*



#### At home

Work out whenever it's convenient for you at home with access to live or on-demand workouts, or create your own routine with a workout builder.



#### In the kitchen

Get free delivery of groceries and other household essentials.\* It's a great way to save time on grocery runs and have healthy foods ready for meals.

**Membership tiers starting at \$10 per month for the digital-only option.**



Visit: [onepassselect.com](https://onepassselect.com)

One Pass Select is a voluntary program available at no additional cost to eligible teammates enrolled in a UnitedHealthcare medical plan and covered dependents age 18+.

\* With Classic tier and above.

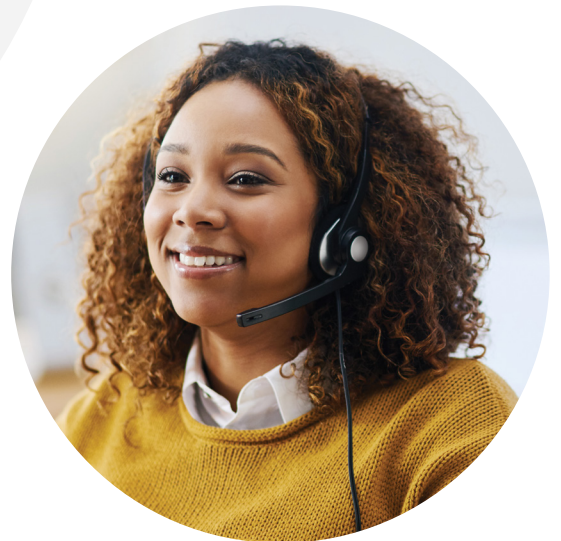
# Questions about your benefits?

## **Not sure where to start?**

UnitedHealthcare Customer Service can help.



Call:  
**1-833-719-1700**





The information provided under these programs is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. **These programs and applications should not be used for emergency or urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room.** Participation in these programs is voluntary; restrictions and limitations may apply and is subject to the terms of use.

Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number that appears on your health plan ID card. Services may not be available at all times or in all locations. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Participants should consult an appropriate health care professional to determine what may be right for them. Your health information is kept confidential in accordance with the law. Member phone number services are not an insurance program and may be discontinued at any time.

Certain preventive care services are provided as specified by the Patient Protection and Affordable Care Act (PPACA), based on your age and other health factors, with no cost-sharing. The preventive care services covered are those preventive services specified in PPACA. UnitedHealthcare also covers other routine services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.

24/7 Virtual Visits is a service available with a provider via video, or audio-only where permitted under state law. It is not an insurance product or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual primary care services are available with a provider via video, chat or email, or audio-only where permitted under state law. Virtual primary care services are only available if the provider is licensed in the state that the member is located in at the time of the appointment.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product, and is not intended to make any mental health recommendations or give clinical advice. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships under this program.

Quit For Life® provides information regarding tobacco cessation methods and related well-being support. Quit For Life does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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