



Take Control of Prediabetes and Diabetes

Learn how to take control of your health with digital tools.

Members can take control of their health with digital tools!

Your Capital Blue Cross plan includes diabetes programs with digital tools you can use at your convenience.

- Get support from a professional health coach.
- Find help with healthy eating and managing stress.
- Connect devices and fitness trackers to your account.
- Receive support from an online community.

Control your health with digital tools.

Prevention

It's not too late to stop diabetes before it starts. Lose weight and reduce your risk of developing Type 2 diabetes.

Management

Learn more about these digital tools and all the diabetes resources available to members at [capitalbluecross.com/diabetes](https://www.capitalbluecross.com/diabetes).

Capital Blue Cross

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