

For those living with pre-diabetes or any type of diabetes, New Year's is a great time to reflect on how well you've been managing your diabetes and ways to make small changes that will add up to big benefits for your health in the years to come.

Enroll in the Good Health Gateway Diabetes Care Rewards Program and start getting two big benefits right away.

1

Unlimited free telehealth calls

with diabetes educators and pharmacists, who can answer questions or offer guidance and tips on topics like:

- · blood glucose readings,
- medications you are taking,
- diet and nutrition,
- · physical activity, and so much more.

Together, you can set personal health goals to improve your health, A1c, and well-being.

2

\$0 copays on covered diabetes medications and supplies

like glucometers, lancets, test strips and more when you complete the program's diabetes care activities recommended by the American Diabetes Association.

You'll continue to get \$0 copays as long as your activities are up to date.

The Diabetes Care Rewards Program is offered by MIIA Health Beneftis Trust at no cost to our health plan members living with pre-diabetes or any type of diabetes. Participation is voluntary and confidential.

Enroll Today!

800.643.8028 | Hablamos español. GoodHealthGateway.com



