

MOVE YOUR HEALTH FORWARD➔

TAKE CONTROL OF YOUR DIABETES

Whether you've recently been diagnosed with prediabetes or you're looking for ongoing support managing diabetes, these checkpoints and resources are designed to help* — all available as part of your UnitedHealthcare plan.

1

Getting started with regular A1C screenings is a step in the right direction.

If it's been a few months since your last screening, call your doctor to schedule one today.

Why it's important

An A1C screening shows your blood sugar levels over a period of time to provide a picture of your overall health. You and your doctor can use these results to determine if your treatment plan is working.

Looking for a doctor?

Call the HealthTeam at **1-888-264-0749**, go to **myuhc.com**® or use the UnitedHealthcare® app.

2

Keeping up with daily habits goes a long way toward maintaining your health.**



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.

To learn more about the importance of daily habits and to download a toolkit with tips, visit uhc.com/diabetes.

3

Seeing your doctor and dentist as recommended helps ensure timely care year after year.

Every office visit

- Blood pressure check
- Brief foot exam
- Weight check

Every 6 months***

- A1C test
- Dental visit

Every year

- Annual physical exam
- Cholesterol test
- Comprehensive foot exam
- Dilated eye exam
- Urine test

Additional resources to help along the way

Flexible fitness to reach your health goals

Get access to nationwide fitness centers and online classes with a membership to One Pass Select™. Find workouts that you enjoy, such as strength training, swimming, yoga and spin classes. See membership options and get started at OnePassSelect.com.

Weight-loss support

Real Appeal® is an online weight-loss program that features group sessions with a coach, a mobile app and resources to help you achieve your goals. Enroll at roche.realappeal.com.

Check out yourlifeyourrewards.com to view all available programs, resources and benefit details.

Questions? Not sure where to start?

As your personal health care concierge, the **HealthTeam** is here to help you and your family find a doctor or specialist, resolve a claim, decide where to go for care, talk with a nurse and more.

Connect with the HealthTeam



Call **1-888-264-0749**



Chat: **UnitedHealthcare app**



Connect: **myuhc.com**

Monday-Friday, 5 a.m.-5 p.m. PST
Nurses and pharmacists on duty 24/7.



Scan this code to learn about the HealthTeam.





*This information is not directed to those with gestational diabetes. If you have gestational diabetes, please work with your physician for your personalized care plan.

**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.

***As recommended by your physician.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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