



Diabetes Resource Guide

You have so much to look forward to. Don't let diabetes keep you from enjoying life to the fullest. With advocates by your side, you can control your diabetes. Together, Blue Cross and Blue Shield of Texas and The Texas A&M University System are here to support YOU every step of the way.



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Living with Diabetes

Empower yourself today.

Living well with diabetes isn't a dream — it can be reality. Greater awareness, more tools to help manage it and passionate support groups help. Though diabetes can't be cured, there's good news: Healthy lifestyle choices can lower its effects. But it still comes down to you! Take charge.

Practice control. Make good decisions with nutrition and fitness to keep blood sugar in check.

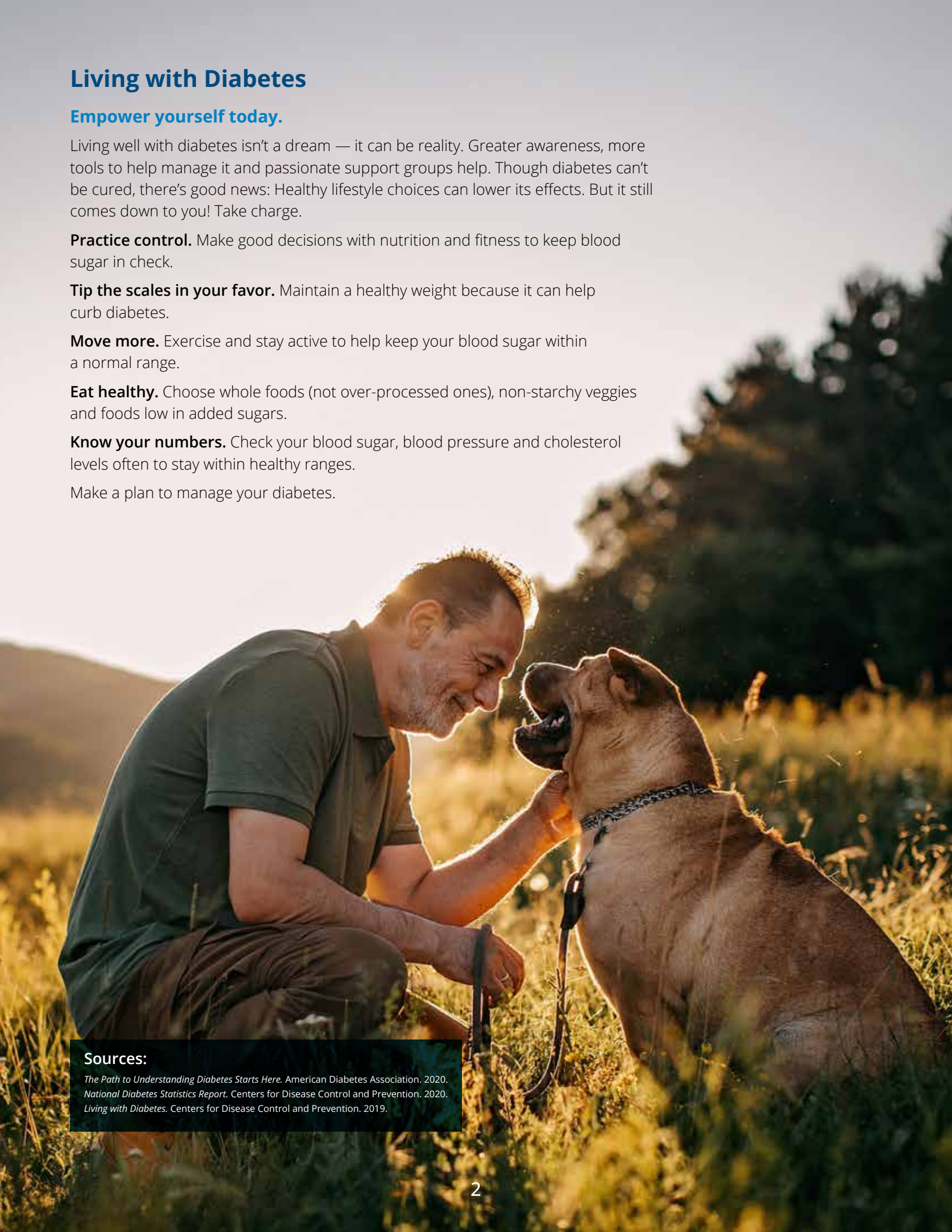
Tip the scales in your favor. Maintain a healthy weight because it can help curb diabetes.

Move more. Exercise and stay active to help keep your blood sugar within a normal range.

Eat healthy. Choose whole foods (not over-processed ones), non-starchy veggies and foods low in added sugars.

Know your numbers. Check your blood sugar, blood pressure and cholesterol levels often to stay within healthy ranges.

Make a plan to manage your diabetes.



Sources:

The Path to Understanding Diabetes Starts Here. American Diabetes Association. 2020.
National Diabetes Statistics Report. Centers for Disease Control and Prevention. 2020.
Living with Diabetes. Centers for Disease Control and Prevention. 2019.

Virta Health

Use a virtual diabetes clinic for nutrition-based care.

Virta is a virtual clinic that helps members with Type 2 diabetes create plans for better health with support from health care clinicians, coaches and digital health tools. With Virta, you can reverse Type 2 diabetes, lose weight, reduce medications and save money. Virta is available at no added cost to you.

Virta members receive:

- A nutrition therapy plan backed by clinical research
- Tips to make meals tasty and healthier
- Personalized clinician care and coaching
- Daily support via mobile/desktop app
- Meter, scale and testing supplies

There are some medical conditions that would exclude patients from the Virta treatment. To check for eligibility and learn more, visit virtahealth.com/join/tamus.



Available to employees, spouses, retirees or dependents with Type 2 diabetes (ages 18 years old and older) who are enrolled in the A&M Care Plan or J Plan. Graduate student employees enrolled in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.



Hello Heart

Take control of your heart health.

Hello Heart puts you in control of your heart health. Track blood pressure and cholesterol readings in one place and get personalized insights on how to improve your health. The easy-to-use app makes it fun to stay on track. Hello Heart is available at no added cost to you.

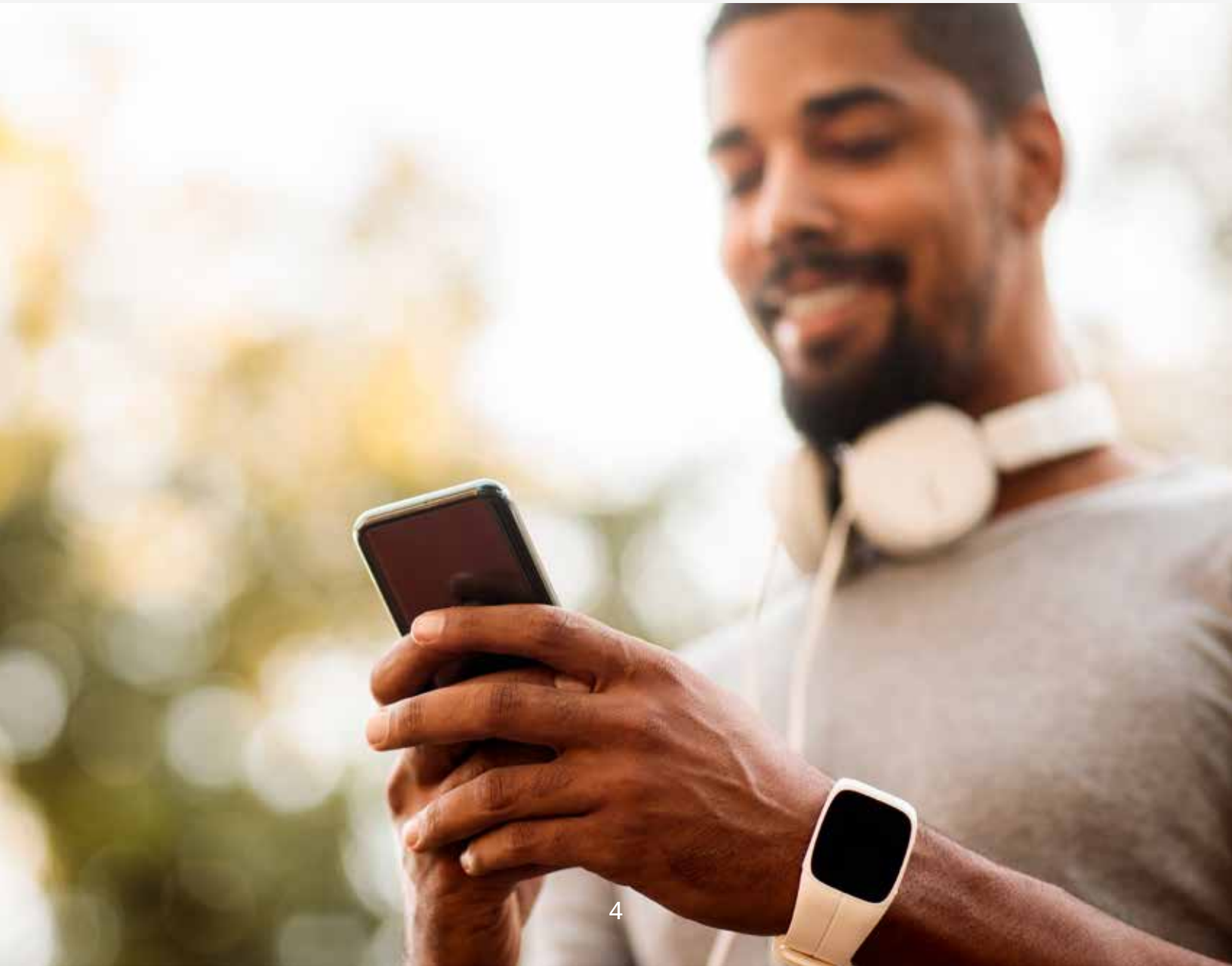
Hello Heart includes:

- **Hello Heart monitor** that easily connects to your phone
- **Tracking technology** for blood pressure, cholesterol, medication and more
- **Clear explanations** of what your numbers mean
- **Personalized tips** that make it simple to maintain a healthy heart
- **Progress reports** that are easy to review or share with your doctor
- **Support team** available to answer any questions via phone or email

To get started, visit join.helloheart.com and enter code **TAMUS**.



Available to all employees, retirees and their covered dependents who are enrolled in the A&M Care Plan or J Plan. Graduate student employees enrolled in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.



Teladoc Health® Diabetes Management

Get personalized diabetes support at no cost to you.

Teladoc Health combines personalized care with convenient technology to help you manage diabetes. You'll have someone supporting you every step of the way. Get tools and support to track blood sugar levels and develop healthier lifestyle habits.

Program includes:

- A connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

To get started, visit teladochealth.com/register/tamus.

Available to employees, retirees and their spouses enrolled in the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO).



Well onTarget

Experience wellness your way.

Well onTarget can give you the support you need to make healthy choices — while rewarding you for your hard work.

Member wellness portal. The heart of Well onTarget is the member portal, available at wellontarget.com or Blue Access for MembersSM.¹ It links you to a suite of inviting programs and tools.

Health assessment.² The HA presents a series of questions to learn more about you. After you take the HA, you will get a personal and confidential wellness report. The report offers you tips for living your healthiest life. Your answers will help tailor the Well onTarget portal with the programs that may help you reach your goals. If you choose, you can share this report with your health care provider.

Self-management programs. These programs let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, losing weight, quitting smoking, managing stress and more. Track your progress as you make your way through each lesson. Reach your milestones and earn Blue PointsSM.³

Wellness coaching. Certified health coaches offer you guidance with these programs — Decrease Weight, Maintain Weight, Manage Stress, Quit Tobacco, Maintain Tobacco-Free Status, Improve Blood Pressure, Improve Cholesterol, Improve Dietary Habits and Improve Fitness Level.

Online wellness challenges. Challenge yourself to meet your wellness goals.

Tools and trackers. These resources can help keep you on course while making wellness fun. Use symptom checkers and health trackers.

Fitness tracking. Track your fitness activity using popular fitness devices and mobile apps.

Blue Points program. Blue Points can help motivate you to maintain a healthy lifestyle. Earn points for participating in wellness activities. You can redeem points for gift cards.

Health and wellness content. Access reader-friendly articles about conditions and medicines.

Experience the wellness portal today. Go to bcbstx.com/tamus and log in to **Blue Access for Members**. Select the **My Health** tab, then **Wellness**. Scroll down to the **Well onTarget** section to learn more.



Well onTarget[®]

Available to all employees, retirees and their covered dependents enrolled in the A&M Care Plan or J Plan.

1. Members can use their Blue Access for Members credentials to access the wellontarget.com site.

2. Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

3. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

Fitness Program

Join a network of gyms that fit your budget and lifestyle.

Fitness can be easy, fun and affordable. The Fitness Program gives you unlimited access to a nationwide network of fitness locations. You can visit locations while you're on vacation or traveling for work. The Fitness Program is available exclusively to you and your covered dependents (age 16 and older).¹

Base	Core	Power	Elite	Pro	Signature	Premier
\$19/mo	\$29/mo	\$39/mo	\$129/mo	\$159/mo	\$199/mo	\$239/mo
3,500+ Standard Gyms ³	8,500+ Standard Gyms	13,000+ Standard Gyms	Access to 1 Luxury Gym + All 13,000+ Standard (Luxury Gyms differ by tier, 180+ Available) ³			
\$19 enrollment fee						
Digital Content Only: Video and Live Stream (\$10/mo)						

Program features:

Blue Points. Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for gift cards for yourself or family and friends.²

Complementary and Alternative Medicine. Discounts are through the WholeHealth Living Choices Program, a nationwide network of 40,000 health and wellbeing providers, such as acupuncturists, massage therapists and personal trainers. When you join the Fitness Program through the Well onTarget portal, you can gain access to this program.

Convenient payment. Monthly fees are paid via automatic credit card or bank account withdrawals.

Digital fitness. Stay active from the comfort of your home. Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre, yoga and more through an online platform. Digital access is included with all memberships and tiers. You can also join the Digital Only plan option if you prefer only digital fitness options.

Mobile app. Allows members to access location search, studio class registration, location check-in and activity history.

Real-time data. Provided to the mobile app and Well onTarget portals.

Studio class network. Boutique-style classes and specialty gyms with pay-as-you-go option and 30% off every 10th class.

Web resources. Go online to search for locations and track your visits.

Are You Ready for Fitness?

It's easy to sign up:

1. Go to bcbstx.com/tamus and log in to **Blue Access for Members**.
2. Select the **My Health** tab, then **Wellness** on the top navigation bar of the Dashboard page. Then scroll down to the **Fitness Program** section and click on **Learn More**.
3. Complete registration form.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Prefer to sign up by phone? Just call the toll-free number **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m. CT (6 a.m. and 6 p.m. MT).



Available to all employees, retirees and their covered dependents enrolled in the A&M Care Plan or J Plan.

1. Taxes apply. Individuals must be at least 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can log in and join through the primary member's account as an "additional member."
2. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.
3. Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

Express Scripts

Your prescription drug benefits are administered by Express Scripts by Evernorth. As part of this benefit, you have access to additional diabetes medication programs.

Diabetes Patient Assurance Program

With this pharmacy benefit manager, you can access more affordable diabetes medications and lower the cost of preferred insulin products for you and your family members living with diabetes.

When you fill a prescription for a preferred program diabetes medication, including insulin, you will pay no more than:

- \$25 copay per 30-day supply
- \$50 copay per 60-day supply
- \$75 copay per 90-day supply

These copays are adjusted automatically for preferred program medications. No action is needed. This program is available at no added cost to you.

Participating diabetic medications included in Patient Assurance Program include preferred select preferred insulins, DPP-4 inhibitors, GLP-1 agonists, and SGLT2 inhibitors based upon manufacturer participation.

Available to all employees, retirees and their covered dependents enrolled in the A&M Care Plan and J Plan.

Diabetes Care Value Program

This pharmacy benefit manager also offers a diabetes care value program. Get help sticking to your medication plan and managing diabetes.

Program features:

- 90-day prescriptions
- Access to Lifescan's remote monitoring program
- Digital diabetes prevention
- Pharmacy network and a holistic plan to support your care
- Therapeutic Resource Center providers specializing in diabetes give clinical support focused on medication training and getting better health results

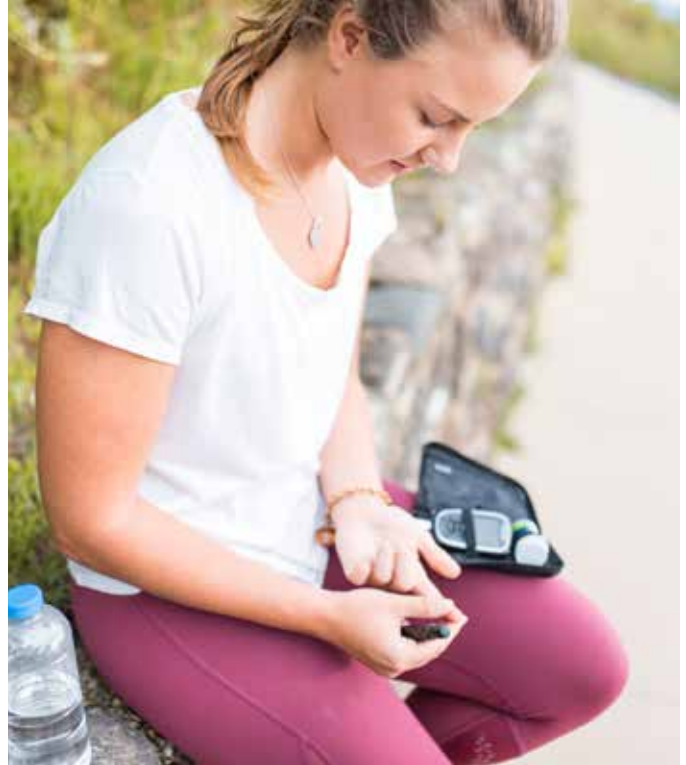
For the prescription to be covered, the program requires that:

- Diabetes prescriptions be filled with a 90-day supply rather than a 30-day supply
- Diabetes prescriptions be filled through Express Scripts Home Delivery (mail-order) or a Walgreens pharmacy (retail)

If you are prediabetic and meet the criteria, you will get an email or postcard inviting you to take part in the program. Program participation is voluntary.

Available to all employees, retirees and their covered dependents enrolled in the A&M Care Plan and J Plan. Graduate student employees enrolled in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible for this program.

For more information, call **866-544-6970** or visit [express-scripts.com](https://www.express-scripts.com).



Additional Resources

American Diabetes Association

Take the risk test. Learn how to read food labels and find healthy recipes.

diabetes.org

The Centers for Disease Control and Prevention (CDC)

Just finding out about your diabetes? Learn the first steps you should take.

cdc.gov/diabetes

Do Well, Be Well With Diabetes

Join a five-week series, developed by the Texas A&M AgriLife Extension Service Food and Nutrition Unit, to help people with Type 2 diabetes learn how to manage their blood glucose.

nutrition.tamu.edu/extension

The National Diabetes Information Clearinghouse (NDIC)

Find out if you are at risk. Learn about treatments.

niddk.nih.gov/health-information/diabetes

The Fitness Program is provided by Tivity Health™ Services, LLC, an independent contractor which administers the Prime® Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.

The WholeHealth Living Choices program is administered by Tivity Health™ Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors.

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.

Teladoc Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide chronic condition management for members with coverage through BCBSTX.

Virta Health and Hello Heart are independent companies that contract directly with The Texas A&M University System to provide health and wellness programs. They do not offer Blue products or services and are solely responsible for the products and services they provide.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

