

Prediabetes?

We can help with that.

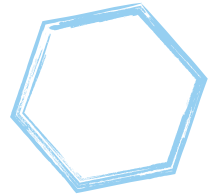


Did you know healthy eating and exercise can reverse prediabetes? Even a small weight loss can lower your risk for developing type 2 diabetes. Your health plan includes Diabetes Care—powered by Onduo—a program that gives you the tools and personal coaching to help improve your health.

You're at risk for prediabetes if you're:



- Overweight
- 45 years old or older
- Have a parent or sibling with type 2 diabetes
- Don't exercise 3 or more times a week
- Have polycystic ovary syndrome or gestational diabetes



With Diabetes Care, you'll get:



- Easy meal and nutrition tracking in the Health Weight app
- Nutrition and lifestyle coaching from your personal coach
- Healthy challenges to help you eat right and move more

And it's all included in your health plan at no extra cost to you. Visit onduo.com/arppo to sign up today!



Onduo is offered at no extra charge as part of your healthcare plan. No credit card needed to sign up. Onduo LLC is a separate company that offers diabetes health management for eligible members of Arkansas Blue Cross and Blue Shield and Health Advantage, licensees of the Blue Cross and Blue Shield Association.