

Living with diabetes just got easier

blueprint

Your Arkansas Blue Cross and Blue Shield health plan includes free support for prediabetes and type 2 diabetes.



Diabetes Care—powered by Onduo—gives you tools, free supplies and a personal coach to help improve your health.

With Diabetes Care, you can:

- Get support: Meet your personal coach and get 1-on-1 support
- Get free tools: Receive the latest glucose monitoring devices to make tracking easy
- Get testing supplies: Tired of running out of testing supplies? Receive testing strips and lancets shipped to your home.
- Get on with your life: Enjoy tools, support, answers and more – right from your smartphone

Living with type 2



“I was diagnosed with type 2 diabetes three years ago ... Since then I’ve been frustrated so many times not knowing the answer to why my sugar levels were jumping up when I was trying to do things the right way. I had given up on trying to manage it.

This program, and the philosophy behind it, can only be described as **amazing!**

It is so easy not having to manually track levels, meals or activities by hand. It takes care of the tracking for me. My care lead is great and full of so much useful information.” – Craig S.

Sign up today at onduo.com/arppo.

Questions?

Call 1-833-HiOnduo (1-833-446-6386)

Monday–Friday (8 a.m. to 5 p.m. CT)



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.