

DIABETES MANAGEMENT

THE HELP AND RESOURCES YOU NEED

You may have just learned you have prediabetes or diabetes. Or you may have been living with it for a while now. Wherever you are in your healthcare journey, you have the help and resources to learn how to manage it.

The good news is prediabetes is reversible.

Work with your provider to find out if you are at risk, and what you can do to change course:

- **Take the Prediabetes Risk Test** at [DoIHavePrediabetes.org](https://www.doihaveprediabetes.org)
- **Talk to your doctor** at your yearly checkup (or more frequently, if recommended)
- **Stay current on your labs**, including having your blood sugar checked as part of your annual physical

REDUCE THE IMPACT WITH PROPER CARE

It's hard to manage a serious health condition like diabetes, but you can reduce the impact it has on your life with the proper care and attention. Changing your lifestyle could be a big step towards diabetes prevention. Reduce your odds with these diabetes prevention tips:

1. **Get more physical activity**
2. **Get plenty of fiber**
3. **Go for whole grains**
4. **Skip fad diets and just make healthier choices**

DIABETES TOOLS & RESOURCES

- **Nutrition Counseling:** 6 Dietitian visits available on the Knight plans at no cost.
- **Health Management:** Work with a registered nurse to learn about your condition.
- **Blue 365 Discount Program:** A national discount program featuring healthy deals and discounts exclusively for our members.



COMMUNITY RESOURCES

Association of Diabetes Care & Education
Specialists: [diabeteseducator.org](https://www.diabeteseducator.org)



American Diabetes Association – Ask the Experts:
[diabetes.org/tools-support/ask-the-experts](https://www.diabetes.org/tools-support/ask-the-experts)

CDC – National Diabetes Prevention Program – Find a Program:

[cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html](https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html)



LIFESTYLE COACHING

NO COST PROGRAM FOR ALL EMPLOYEES ENROLLED IN A MEDICAL PLAN

LIFESTYLE COACHING THROUGH SHARECARE

As part of your wellness program, you have access to Lifestyle Coaching at no additional cost through Sharecare.

- Coaches are highly trained, qualified experts with backgrounds in nutrition, psychology, public health, and more.
- Phone calls are 20 minutes or less, and occur every 4 to 6 weeks.
- Coaches can help you with goal setting, problem solving, and accountability.
- **Completing at least three coaching calls each year may satisfy the removal of Premium Surcharges from your Knight Transportation payroll.** If your spouse is enrolled in a medical plan and did not meet the biometric requirements, they too must complete at least three coaching calls to satisfy removal of the surcharges.
- **Surcharges will be removed upon receipt of confirmed completion from provider.** Please note this may take up to 30 days. Please refer to page 8.

YOUR LIFESTYLE COACH CAN:

1. **Support your weight loss goals**
2. **Challenge you to be more active**
3. **Help you find healthy ways to cope with stress**
4. **Create a plan to help you eat healthier**
5. **Encourage your efforts to quit using nicotine**
6. **Help you set realistic goals**
7. **Help you stay motivated**

GET STARTED TODAY

- Log in to the app, use the QR code below, or go to azblue.sharecare.com
- Click **Achieve** – then choose **Coaching**
- Answer the enrollment questions
- Click to schedule your first call

1.877.292.1359



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