

# BCBSRI DIABETES CARE MANAGEMENT PROGRAM

**Diabetes is a chronic condition that can be difficult to manage and pose real health challenges. Left untreated, it can increase your risk of vision problems, kidney disease, and heart disease.**

## Here's some good news.

The **Blue Cross & Blue Shield of Rhode Island (BCBSRI) Diabetes Care Management Program** is a personalized program that provides the tools and support you need to manage your diabetes effectively—which could help to reduce your risk of complications and the impact of other chronic conditions such as high blood pressure, as well as provide some valuable peace of mind.

You can participate in the program whether you've just been diagnosed with diabetes or have dealt with your condition for years.

## Long-term solutions for daily challenges

Through the **BCBSRI Diabetes Care Management Program**, you'll learn about:

- Medication best practices
- Nutrition guidelines
- Lifestyle choices
- Recommended tests and screenings

Run by a dedicated team of healthcare specialists—including registered nurses, registered dietitians, behavioral health specialists, and health advocates—the program includes:

- Telephonic support, along with reminder texts and emails
- Educational materials for handy reference
- A toolkit to help you manage your condition independently

## We're with you every step of the way

Each month we'll focus on different topics and skills. You'll build confidence and feel more empowered and able to manage your diabetes successfully.

Month	BCBSRI Health Team Outreach	Program Goal
1	Weekly	Start strong
2	Every other week	Build your confidence
3-6	Monthly	Prepare to manage on your own

Your care manager will also work with your doctor to ensure you're keeping up with necessary tests and screenings, as well as oversee your customized care plan.

## All-in-one support in one convenient place

As a BCBSRI health plan member, you're never alone. You also have access to the **State of Rhode Island Employee CARE Center**. Here, BCBSRI's customer service team will work alongside your clinical team to provide all-in-one support. Together, they will help you:

- Get answers to medical benefits questions
- Learn how to maximize your benefits
- Manage physical and/or behavioral health conditions
- Coordinate treatment with your primary care provider (PCP)
- Close any gaps in care
- Use digital tools

### LIVING WITH DIABETES? RECENTLY DIAGNOSED?

You're invited to join the **BCBSRI Diabetes Care Management Program**.

Call the **State of Rhode Island Employee CARE Center** to speak with a care manager today.

**(401) 429-2104** or **1-866-987-3705**

CARE Center hours are Monday – Friday, 8:00 a.m.– 8:00 p.m., and Saturday, 8:00 a.m. – noon.

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## Make the most of your benefits

Take a few minutes to connect with us and learn how to make the most of your health plan.

**Register your account at [myBCBSRI.com](https://myBCBSRI.com)** and enjoy convenient access to your personal health plan information—and a quicker online experience—from your phone or computer.

**Text BCBSRI to 73529** to sign up for Your Blue Wire mobile messaging. We'll send occasional health reminders and plan updates to help you stay informed\*.

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\*Standard mobile phone carrier and data usage charges apply.