



Living with diabetes

Diabetes is one of the top 5 chronic conditions in the United States. More than 37 million Americans live with diabetes and 8.5 million don't know they have it.¹ Poorly controlled diabetes is linked to more serious conditions such as cardiovascular disease, kidney failure, dialysis, blindness and amputation – conditions that greatly diminish quality of life.

Learn how to manage your diabetes

Although diabetes has no cure, you can take steps to manage the disease and live a long and healthy life.²

- Work with your health care team to learn more about the disease and develop a self-care plan.
- Maintain healthy levels of blood glucose, cholesterol and blood pressure.
- Maintain a healthy weight.
- Quit smoking.
- Eat a well-balanced diet high in fiber and lower in calories, saturated fat, trans fat, sugar and salt.
- Drink water instead of soda and juice.
- Make physical activity a part of your daily routine.
- Check your blood glucose level each day.
- Take your medication as directed.

Coping with the disease

Figuring out your “new normal” of living with diabetes can be overwhelming. That's why it's common for people to experience stress, anger and depression. Going through these emotions is a normal part of the journey but learning how to manage them is the key to a healthy life.

Stress can lead to higher blood sugar levels. To help lower stress, you can go for a walk, do yoga, listen to music or meditate. Always ask for help if you're feeling down. A mental health counselor, support group, friend or family member can listen to your concerns and help you feel better.

Optum Rx Diabetes management program

Your plan offers a no-cost program to help you manage your diabetes. If you are eligible, you are automatically enrolled and will receive a letter with details. One of our Optum Rx Certified Diabetes Care Specialists will also call you to talk about the program and help with one-on-one support.

Blood glucose meter and supplies:

As a member of the IUOE Local 4 Health & Welfare Fund Diabetes Management program, the following free meter and supplies are available to you. Simply choose your meter and follow the steps below (1 meter per person). All other diabetes supplies not listed will be covered at their regular copay tier.

CONTOUR® NEXT ONE	
To order your free meter: Please call the vendor directly using the phone number to the right.	The free meter can only be obtained directly from the vendor. Call 1-800-401-8440 Code CTR-OPX
To receive testing supplies³	Talk to your doctor about getting a prescription for the: <ul style="list-style-type: none"> • CONTOUR®NEXT Test Strips. • MICROLET®NEXT Lancing Device and MICROLET® Lancets. Fill your new prescriptions at your pharmacy of choice.
Cost⁴	\$0
Mobile app	Seamlessly capture blood sugar results in the CONTOUR®DIABETES app.
Online portal available	✓
Unique features	<ul style="list-style-type: none"> • Demonstrated proven accuracy with the CONTOUR®NEXT ONE meter and CONTOUR®NEXT test strips. • smartLIGHT target range indicator gives instant feedback if blood glucose readings are above, below or within target range. • Second-Chance- sampling allows up to 60 seconds to reapply more blood which may help prevent wasted strips. • Seamless Bluetooth Connectivity to the CONTOUR®DIABETES app .
Choose to share data with Optum Rx⁵	OptumRx Certified Diabetes Educators are available to help you set up and best utilize the great features in your new meter.
For additional information	contournextone.com

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report website. <https://www.cdc.gov/diabetes/data/statistics-report/index.html>. Accessed June 10, 2022.
2. Managing Diabetes. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>
3. Prescription required for test strips, lancets, and control solutions. Talk to your doctor today to get a prescription.
4. Depending on plan design and benefit setup (HSA plans, deductible status, etc), deductible may need to be met before \$0 copay applies on testing supplies.
5. Your enrollment in the program is confidential and should you choose not to enroll there will be no penalty.

Resources

- [Blood sugar testing: Why, when and how – Mayo Clinic](#)
- [4 Steps to Manage Your Diabetes for Life | NIDDK \(nih.gov\)](#)
- [Diabetes | NIDDK \(nih.gov\)](#)
- [American Diabetes Association | Research, Education, Advocacy](#)
- [Eatright.org - Academy of Nutrition and Dietetics](#)
- [Healthy Living | ADA \(diabetes.org\)](#)
- [Weight Loss | ADA \(diabetes.org\)](#)
- [Fitness | ADA \(diabetes.org\)](#)
- [Mental Health | ADA \(diabetes.org\)](#)

