



WELLNESS SOLUTIONS

Diabetes Management powered by Onduo™

DAY-TO-DAY SUPPORT TO HELP
YOU LIVE YOUR BEST LIFE.



Manage type 2 diabetes on your own terms.

Diabetes Management powered by Onduo is a virtual care program that:

- Comes with your health plan and helps you manage your care from the comfort of anywhere.*
- Uses a smartphone and the Onduo app to provide access to the virtual health clinic and **a team of care leads** that can answer your questions and guide you through your health journey.
- Gives you a personalized plan with ongoing, coordinated support between visits to your primary care provider.
- Provides you with a **smart blood glucose meter** and unlimited test strips at no additional cost to you.

Type 2 diabetes is manageable — especially when you have the right tools and team in your corner.

Easily manage your health — and health coverage — with these three steps.

1. Scan the QR code below to download the **MyHighmark** app or visit myhighmark.com.
2. Click/Select the **Benefits** tab.
3. Find **Diabetes Management powered by Onduo** in the **Health and Wellness** section.



* There is no additional cost for most health plan members. If you have a qualified high deductible plan, you may have to pay out of pocket for some services with this solution until you meet your deductible. To determine if you have any costs for care, you can call the Member Service team at the number on the back of your member ID card.

Onduo is a separate company that provides a virtual diabetes care program for your health plan.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。



Because Life.™