

Subject: Diabetes resources to start the year strong!



Get diabetes care **at no extra cost**



Diabetes can be a serious health concern when not diagnosed and treated. When it's not managed, it can lead to serious issues like heart disease, nerve damage and even vision loss. The good news is, the right care and support can make a real difference, and you have access to it at no extra cost.

The new year is a great time to take control of our health, and we've got tools, resources and support to help you do just that.



Moda Health members

Moda makes it easy to access a range of diabetes programs, resources and support at no extra cost! Take advantage of these benefits to manage your health and feel your best every day.

Pre-diabetes (Pre-D) program

If you have a family history of diabetes, have been told you're at risk or want support improving healthy habits, our Prediabetes Program here for you. You'll connect with certified lifestyle coaches and access resources to make lasting changes and lower your risk of type 2 diabetes.

[Learn more](#)



Teledoc Diabetes Management Program

Formerly Livongo, this program simplifies daily diabetes care. Get a connected blood glucose meter, unlimited test strips and access health coaching so managing diabetes fits more easily into your life.

Learn more at livongo.com.

[Livongo.com](https://livongo.com)



Virta Health

Virta is a virtual clinic that gives you a personalized plan to ease your way to better health. With support from clinicians, coaches and easy-to-use digital tools, you'll have everything you need to make healthier choices. Learn more at virtahealth.com.

[Virtahealth.com](https://virtahealth.com)

Get started today!

Just log in to your [Member Dashboard](#) account and start using your diabetes benefits today. Let's make this year your healthiest yet!

[Log in to your Member Dashboard](#)

Don't already have an account? Creating one is easy.

[Go to the Member Dashboard login page](#) and select "Create an account" to enter your information. Be sure to have your member ID card handy.

Health plans provided by Moda Health Plans, Inc. | [Moda Health Privacy and Transparency Center](#)



Kaiser Permanente members

Having a chronic condition like diabetes doesn't have to prevent you from living a full and happy life. As a Kaiser Permanente member, you have access to a wide range of resources to help you manage your condition and take control of your health.

[Learn more about services](#)

Help with managing pre-diabetes

A. OEBB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 cost. This program is for members who are 18 years and older and at risk for type 2 diabetes or heart disease. Visit omadahealth.com/oebb to learn more.

Diabetes Care Management

A. Kaiser Permanente members 18 and older who are newly diagnosed with diabetes or who have had it a while but want to manage their condition more effectively can work one-on-one with their personal doctor's diabetes care manager (pharmacist or nurse) to improve their diabetes control. [Click here to learn more.](#)

Nutrition Diabetes Class

A. For Kaiser Permanente members 18 and older with type 2 diabetes are eligible to learn more about how nutrition can impact diabetes. This webinar is led by a registered dietitian. This workshop is 1 session that is 1 hour. [Click here to learn more.](#)

B. Kaiser Permanente members can also visit www.kp.org/diabetes to learn how to live well with diabetes.

If you're not a Moda or Kaiser member, please check your medical plan to see what diabetes options are available to you.