



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 is 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](#)



Teladoc 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](https://www.livongo.com).

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



Virta Health
Virta is a virtual clinic that gives you a personalized plan to eat 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](https://www.virtahealth.com).

[Virtahealth.com](https://www.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](#)

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