



# Diabetes Management

Blue Cross and Blue Shield of Louisiana is here to help your members on the path to optimal health with our team of health coaches – nurses, dietitians and social workers. There is no cost for members to work with a health coach.

## **Louisiana Blue health coaches can:**

- Offer members self-care tips and nutrition guidance, with personalized diabetes education materials and information
- Make sure members get the most out of their health benefits by getting glucometers, medication or other equipment and supplies at low or no cost (depending on their plan type and benefits)
- Work with members to stick to their doctors' care plans
- Help members find in-network providers for treatments or services
- Connect members with social services or community resources

LOUISIANA **BLUE** 

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross Blue Shield Association.

**Louisiana Blue members with diabetes who  
work with our health coaches have:**

Fewer ER visits  
Fewer hospitalizations  
Better rates of sticking to medication  
Blood sugar readings in a healthier range

## **SAVED MONEY**

**Compared to members with  
diabetes who are not working  
with a health coach.\***

**This leads to average savings  
of \$396-\$1,405  
per member per year!\*\***

## **Let's Take This Journey Together**

Members can call **1-800-821-2749** to sign up  
for the diabetes program or other Louisiana Blue  
Care Management Programs.

8 a.m. – 5 p.m. Monday through Friday  
(except office holidays)

Members can call for themselves or on behalf of a  
family member covered on their plans. To learn more  
about Louisiana Blue Care Management programs and  
services, visit **[www.lablue.com/managingcare](http://www.lablue.com/managingcare)**.

*\*Based on data evaluation by Louisiana Blue Health  
Informatics Advanced Analytics team in September 2018.*

*\*\*Depends on length of time member has been enrolled in  
Louisiana Blue Care Management Program.*