

HEALTH BENEFITS E-NEWS

*Department of Human Resource
Management
Office of Health Benefits*

November 15, 2021

November is National Diabetes Month

Diabetes is the top lifestyle-related condition under the state health benefits program. Since November is National Diabetes Month, it's a good time to familiarize health plan members with the numerous ways that the health plan is helping to assist in the fight against diabetes.

All health plans offer disease management programs to help manage and support this health condition. Some health plan offerings even provide incentives, in which certain diabetes medications and supplies can be obtained at no cost to the member, if certain criteria are met. An additional dental cleaning and exam may also be available.

Please encourage members to learn more about all the available health plan programs and benefits related to diabetes to assist in preventing, fighting and treating this disease through healthy lifestyle choices.

More information may be found in these [individual state and regional health plan flyers](#), and on the health plan websites.

Please do no reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov.