

HEALTH BENEFITS E-NEWS

*Department of Human Resource Management
Office of Health Benefits*

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Join the Fight Against Diabetes!

Diabetes is a chronic health condition that significantly affects the overall health and well-being of those impacted by it. Since diabetes is the top lifestyle related condition under the state health benefits program, and November is National Diabetes Month, it's a good time to learn how the health plan is working to assist in the fight against diabetes.

All state health plans offer disease management programs to help manage and support this chronic 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. Also, some plans place limits on member cost for insulin medications. 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 not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov