



# Take Control of Prediabetes and Diabetes

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**Ma a a !**

Your Capital Blue Cross plan includes diabetes programs with digital tools you can use at your convenience.

- Get support from a professional health coach.
- Find help with healthy eating and managing stress.
- Connect devices and fitness trackers to your account.
- Receive support from an online community.

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**P**

It's not too late to stop diabetes before it starts. Lose weight and reduce your risk of developing Type 2 diabetes.

**Ma a**

Learn more about these digital tools and all the diabetes resources available to members at [a . / a .](#)

**Ca a B C .**

**Ca i a!**