



# CIGNA Well Aware for Better Health®

## Chronic Condition Support

make a *personal* commitment to your health

diabetes

### Get help to manage your diabetes.

When you have diabetes, daily life can be a real challenge. Now you have a personalized program to help you manage your diabetes – CIGNA Well Aware for Better Health® for diabetes.

### What is CIGNA Well Aware for Better Health® for diabetes?

- A confidential, free program that provides personalized support and information for people with diabetes.

### How does Well Aware help me manage my diabetes?

- Helps you understand how lifestyle changes, like exercise and diet, can help you control the severity of your diabetes.
- Helps you learn how to monitor your blood sugar levels and what level you should be aiming for.
- Reminds you to get important preventive screenings, such as A1C tests, a yearly retinal eye exam, and periodic foot exams to help you avoid medical complications.
- Teaches you to recognize when your symptoms are getting worse, and when you need to see your doctor.
- Helps you learn about different diabetes medications your doctor may prescribe.

### What resources do I get with Well Aware for diabetes?

- Access by phone to nurses who specialize in diabetes, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Workbook with valuable information and charts to help you track your progress.
- Other mailed materials based on your discussions with the nurse.
- Additional support from other specialists, including nutritionists.
- A quarterly newsletter featuring articles on diabetes-related topics.
- Additional assistance with gum disease if you also have CIGNA dental benefits.

### Where can I get more information about Well Aware for diabetes?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **[www.CIGNA.com/betterhealth](http://www.CIGNA.com/betterhealth)**.
- Call your health plan's member services number for questions about your benefit plan, including if you are eligible for assistance with gum disease.

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