



## Better Health Starts Here

### Support When You Need It Most

Sometimes making changes to your lifestyle can be hard, even though you know those changes could improve your health. But personal support, coaching and digital tools can go a long way toward making those changes seem a lot easier.

### # RETROFIT™

We're partnering with Retrofit to offer an online **diabetes prevention program** to eligible members and their dependents ages 18 and older that can help reduce the chance of developing type 2 diabetes.

### Once you enroll, you'll get:

- Tips on how to make simple lifestyle changes
- Online health coaching sessions and regular feedback from your coach
- Support from an online community of members
- Wireless scale, activity tracker and digital tools to keep up with weight, food, mood, steps and exercise
- Personalized weight management help, including healthy, tasty recipes



To see if you qualify for Retrofit's program, log in to or register for your BlueAccess<sup>SM</sup> account at [bcbst.com/preventdiabetes](https://www.bcbst.com/preventdiabetes).



Or call **1-888-599-7483**, if you have questions, and be sure to have your Member ID card with you when you call.

BlueCross BlueShield of Tennessee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

For TDD/TTY help call 1-800-848-0298.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-565-9140 (TTY: 1-800-848-0298).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-565-9140-1 (رقم هاتف الصم والبكم: 1-800-848-0298).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-565-9140 (TTY:1-800-848-0298)。