

# Virtual Diabetes Management

Better tools. Better health. Real results.



Living with type 2 diabetes can be challenging, but BlueAdvantage has a variety of programs to help members manage their disease and improve their health. With our virtual diabetes management program by Onduo, eligible members can access tools, coaching and clinical support to take control of their type 2 diabetes. All at no additional cost to the member.

## Employees participating will:

**Get support** – Learn new ways to keep glucose levels in range from coaches and diabetes educators.

**Get tools at no cost** – Use monitoring devices and tools to record levels at home and on the go.

**Get on with life** – Make better choices based on information recorded and support received in the smartphone app.

Onduo supplements a primary care doctor's prescribed treatment plan and makes sure your employees have the support they need between doctor visits. The program also empowers your employees to build stronger communication with their doctors.

More than 100 million U.S. adults are living with diabetes or prediabetes, and healthcare costs related to the disease continue to rise. The Onduo virtual diabetes program from BlueAdvantage gives type 2 diabetics the tools, resources and support they need to improve their health and live their best life.

## Real results

41.4%

increase in steps<sup>1</sup>

8lb

average weight loss<sup>2</sup>

30.8%

overall DDS score improvement<sup>3</sup>

2.35

point average reduction in A1C<sup>4</sup>

Want to help your members with diabetes improve their health with Onduo?

Contact your BlueAdvantage representative today.



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

Onduo is an independent company providing diabetes management services on behalf BlueAdvantage Administrators of Arkansas.

<sup>1</sup>Of those who tracked/reported; defined as change from first month to last month reported. <sup>2</sup>Self-reported data; of those who tracked/reported. <sup>3</sup>\*\*\* people improved; based on baseline survey responses and subsequent follow-up survey. <sup>4</sup>For participants with A1C > 9; of those who reported reduction.