Be Well *with* Diabetes Program

Quincy Public Schools provides a FREE Diabetes Management Program through the Blessing Diabetes Center. Be Well *with* Diabetes encourages participants with diabetes to take control of their health while decreasing costs. Healthy habits and attitudes are promoted through coaching and education.

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| Participant Incentives |
| * 100% reimbursement of co-pays for diabetic medication.   **(M3 & M8 plans only.)** (H1 and H4 medical plans do not have co-pays for prescriptions. No reimbursements are available with the H plans.) |

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| Education |
| * Diabetes education classes on topics such as disease process & monitoring, managing blood glucose, nutrition, medications and diabetes care, stress & coping, goal setting, cooking demo, recipe modification, supermarket “tour”, risk of long term complications, exercise & prevention. * Unlimited one-on-one personalized diabetes coaching from pharmacists, registered nurses, dieticians, & diabetic educators. * Additional benefits: weight checks and diabetes support groups |

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| Participant Eligibility |
| 1. Be covered under the QPS health plan as an employee or dependent. 2. Have a diagnosis of Diabetes. 3. Complete enrollment paperwork and Initial Assessment 4. Attend a minimum of one coaching session or class per quarter at Blessing |

To enroll call the Blessing Diabetes Center @

217-223-1200 ext. 5900