

## 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.

### Participant Incentives

- 100% reimbursement of co-pays for diabetic medication (generic & brand w/no generic available).
- Reduced co-pays for brand medications when generic is available.
- 100% reimbursement of meters & testing supplies.
- Insulin pumps are covered at 80% with no deductible through the health plan.
- Pump supplies are covered at 80% after deductible through the health plan.

### 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, care coordinators & diabetic educators.
- Additional benefits: weight checks, diabetes support groups, walking groups

### 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