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Welcome!

We are launching our first online Member Newsletter to share health tips and benefits information to help you achieve your health goals.

Upcoming Events

Sep. 13th

Remote Area Medical FREE Health Screenings (Physical, Dental, Vision) / 1101 Wayne St, Olean, NY 14760

Sep. 27th

Community Baby Shower / 1324 Jefferson Ave, Buffalo, NY 14208 / 12-2pm

Oct. 4th

Fresh Produce Giveaway / 175 Oakmont St, Buffalo, NY 14215 / 12-1pm

Oct. 7th

Highmark BCBS Virtual Member Advisory Committee: \$50 gift card available for any member who attends

Oct. 9th

Buffalo Public Schools Pre-K Fall Festival / Buffalo Zoo-300 Parkside Ave, Buffalo, NY 14214 / 5:30-7pm

Nov. 22nd

Healthy Harvest and Winter Warming Giveaway / 1100 Jefferson Ave, Buffalo, NY 14208 / 12-3pm



Case Management Services

Have a question about your benefits, or help setting and achieving health goals, finding resources to manage your or a loved one's health better? Contact our case management team for free care management and support: 1-866-231-8047 or email WNYBehavioralHealthTeam@wellpoint.com



Addressing Social Needs

If you need access to local free or low cost resources for your health related social needs like food, housing, or transportation, use our Community Resource Link. <https://resource.findhelp.com> or scan the QR code.



HIV Resources

Are you or someone you know at risk of contracting HIV? You can access PrEP and PEP as well as schedule regular HIV testings at no cost to you through our partners at Evergreen Health. For appointments or more information call 1-716-847-2441.

HEALTHY REWARDS AND VALUE ADDED BENEFITS



There are perks beyond achieving good health for staying on top of your appointments, vaccinations and screenings, sign up for Healthy Rewards and learn more about our Value Added Benefits.



Scan below to access the Healthy Rewards and Value Added Benefits website. Members must login or create an account if you have not done so already.



As a member, you can join one of our Advisory Committees and earn a \$50 Gift Card for every meeting you join. These meetings allow you to give feedback to your health plan so we can provide better services and care. The next meeting will be October 7th. If you are interested in attending, please email: liburd.larissa@wellpoint.com

Contact us
Phone | 1-866-231-0847 (TTY 711)
www.bcbswny.com/stateplans



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Taking care of you
has never been more
important.

At Highmark, we know health is more than a trip to the doctor. That's why we created healthcare plans designed for the whole you.

Sydney App



Access everything at your fingertips, log into the Sydney Health app. Download from your app store and create login.

- Find a doctor, hospital, pharmacy, or
- specialist that serves your plan.
- Always have your member ID card with you.
- Take your Health Risk Screener (HRS).
- Chat with a live person and more!

Pyx Health

Self assess for depression, anxiety and loneliness and find resources and live support. For more information call 1-833-747-1613 or go to <https://members.pyxhealth.com/>



Diabetes Decoded: Essential Tips for Better Management



Diabetes is a chronic condition characterized by elevated blood glucose levels, affecting millions worldwide. Understanding its types and managing it effectively can significantly enhance quality of life. This article explores the nuances of diabetes, its variations, and how targeted management strategies can make a difference.

TYPES OF DIABETES



Type 1 Diabetes: Often diagnosed in children and young adults, Type 1 diabetes is an autoimmune condition where the body attacks insulin-producing cells in the pancreas. Managing Type 1 diabetes typically involves regular insulin injections or the use of an insulin pump, alongside continuous monitoring of blood glucose levels.



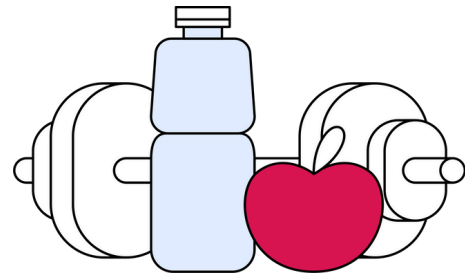
Type 2 Diabetes: The most common form, Type 2 diabetes primarily affects adults. It occurs when the body becomes resistant to insulin or doesn't produce enough insulin. Management strategies include lifestyle changes such as a balanced diet, regular physical activity, weight management, and sometimes medication or insulin therapy.



Gestational Diabetes: Occurring during pregnancy, gestational diabetes can increase health risks for both mother and child but generally resolves after childbirth. However, it may increase the risk of developing Type 2 diabetes later in life, making ongoing monitoring and post-pregnancy lifestyle adjustments crucial.

Managing Diabetes

Effective diabetes management hinges on a combination of medication, self-monitoring, and lifestyle changes. Here are key strategies:



Blood Glucose Monitoring: Regular monitoring helps track fluctuations and maintain levels within the target range. Devices like glucometers or continuous glucose monitors (CGMs) provide essential data for daily management.

Diet and Nutrition: A diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats, while low in refined sugars and carbohydrates, helps control blood sugar levels.

Physical Activity: Regular exercise improves insulin sensitivity and aids in blood glucose regulation. Activities such as walking, cycling, swimming, or resistance training can be effective.

Medication Adherence: Following prescribed medication regimens, whether oral medications or insulin therapy, is crucial for controlling blood sugar levels and preventing complications.

Regular Check-ups: Routine visits with healthcare professionals to monitor HbA1c levels, blood pressure, and cholesterol are vital parts of ongoing diabetes management.

Take Control of Your Diabetes: A Checklist for Better Health

By following this checklist, you can effectively manage your diabetes and improve your overall quality of life. Don't wait—start incorporating these actions into your routine today!

- Schedule Regular HbA1c Tests
- Book an Annual Eye Exam
- Monitor Your Kidney Health
- Stay on Top of Blood Pressure
- Adhere to Your Medication Plan
- Adopt a Balanced Diet
- Incorporate Regular Physical Activity
- Plan Regular Healthcare Visits

Contact us

Phone | 1-866-231-0847 (TTY 711)

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