



Maritz  
**HEALTHY YOU!**

# QUICK GUIDE

DIABETES RESOURCES



**The resources on this page are available to employees enrolled in the Cigna Medical Plan:**

## Livongo

[www.Welcome.Livongo.com/ Maritz](http://www.Welcome.Livongo.com/Maritz)

At no cost to you, those with Diabetes can enroll in this program and receive:

- Free Livongo cloud-connected smart glucose meter
- Free unlimited Livongo InTouch® test strips and lancets
- Remote monitoring with real-time (within 3 minutes) outreach driven by dangerous readings via phone, text, and email
- Coaching by Livongo Certified Diabetes Educators and Express Scripts Diabetes Specialty Pharmacists
- Mango Health app to help you stay engaged and earn rewards

To enroll in the program, click on the link above to the Livongo website, register and enter Maritz as the Client Specific Registration code.

## Express Scripts

[www.express-scripts.com](http://www.express-scripts.com)

Deductible is waived for most diabetic medications and supplies filled through Express Scripts.

The Express Scripts' Patient Assurance Program sets copay limits on certain preferred brand glucose-lowering drugs and products at a \$25 copay for up to a 31-day supply or \$75 for a 90-day supply.

## Cigna

[www.MyCigna.com](http://www.MyCigna.com) (800) 244-6224

- Health Coaching is available to help you manage your diabetes. Login to [www.MyCigna.com](http://www.MyCigna.com) and select **Health Coaching** under **Wellness**.
- **Pre-Diabetes and Diabetes** – select this health topic under the Wellness tab to learn how to prevent or manage diabetes-related conditions.
- **Health Library** – review this section for articles on diabetes-related topics such as the warning signs for pre-diabetes, different types of blood sugar glucose tests, tips to help you manage blood sugar levels, diet and medicines, including insulin.

## Omada - for Pre-Diabetes

<https://go.omadahealth.com/maritz>

If you have not yet been diagnosed with diabetes but are over age 18 and at risk for diabetes, enroll in this digital lifestyle change program that can help you lose weight, feel fantastic, and develop long-term healthy habits to lower your risk. When you enroll in this program, you receive:

- Wireless smart scale
- Weekly online lessons
- A professional Omada health coach
- Small online groups of participants to keep you engaged

*Click the Omada link above for the 1-minute health screener to determine if you are eligible.*



Maritz  
**HEALTHY YOU!**

# QUICK GUIDE

## DIABETES RESOURCES

The resources on this page are available to all employees:

### Virgin Pulse Wellness Program

<https://www.virginpulse.com/> (877) 671-9395 or [support@supportpulse.com](mailto:support@supportpulse.com)

- On the Virgin Pulse website, hover over **More** (with three dots) and select Topics of Interest.
- Under the Health tab, click **Journeys** which are daily, self-guided courses to help you build healthy habits.

### ComPsych Employee Assistance Program

[www.GuidanceResources.com](http://www.GuidanceResources.com) (888) 628-4824

App: GuidanceNow

Website Username: LFGSupport, Password: LFGSupport1

- All employees are eligible – enrollment in the Maritz medical plan is not required
- Podcasts, Articles, Slideshows, and Video resources to help you manage your Diabetes, including healthy eating and exercise tips, and more
- Live or virtual counseling at no cost if you need emotional support. You are eligible for up to 5 visits per person, per issue, per year

*Nationwide network of licensed and experienced counselors, including psychologists, clinical social workers, certified alcohol and drug counselors, and marriage, family, and child counselors*

**Maritz Dental plan** – If you are enrolled in the dental plan and have been diagnosed with diabetes, you are eligible for two additional cleanings per year covered at 100% (total of four cleanings per year). Complete the Self-Report form at [www.deltadentalmo.com](http://www.deltadentalmo.com).

**Maritz Vision Plan** – If you are enrolled in the vision plan and have been diagnosed with diabetes, you have a \$0 copay for the medical follow-up exam (following the initial comprehensive eye exam).

### American Diabetes Association

<https://www.diabetes.org/>

From diet and exercise to treatment and care, there are tons of practical things you can do every day to make your life easier.

Visit this site for information and resources related to:

- General Information about Diabetes
- Medication
- Nutrition
- Fitness

### Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/diabetes/managing/index.html>

Visit this site for additional resources such as:

- Creating a Diabetes Care Schedule
- Preventing Diabetes Complications
- Managing Blood Sugar
- Diabetes and Mental Health