



**Get your new Rx
incentive card from
HealthEquity®!**

Just confirm you're up-to-date
on your diabetes tests by
April 25, 2025.

If you have diabetes, getting the tests recommended by your provider performed each year is vital to your health. As a participant in the Blue Care®, Duke Options, or Duke USA health insurance plan, Duke will reward you for having completed those tests! Just show that your diabetes tests are current – and you'll receive an incentive card from HealthEquity!

Here's how it works: Complete the form included. After completing this form, please email it to **Diabetes@bcbsnc.com**.

If you complete the form, you will receive your 2025 Rx incentive card, or 2025 contribution loaded onto your current card, at your home address for May 1, 2025. The card will come from HealthEquity who is assisting in administering the claims process. Simply present this card when purchasing your prescription medications and eligible supplies; it will be loaded with a balance of \$250 for these expenses. If you have a pharmacy refill prior to receiving your incentive card, you will be eligible to submit that claim for reimbursement through HealthEquity.

You may have the opportunity to qualify for an additional \$250 incentive reward in July 2025. We will send more information about that opportunity if you qualify.

Note that this benefit is not handled by Blue Cross and Blue Shield of North Carolina. For questions, please call the **Duke Human Resources Information Center** at **(919) 684-5600**.

Take good care!

A handwritten signature in black ink, appearing to read "Larry Wu" followed by a small mark.

Dr. Larry Wu, MD
Medical Director
Blue Cross and Blue Shield of North Carolina

Diabetes Test	Why is it important?	How often?
A1C (Blood Sugar) Test	The A1C test gives an average of your blood sugar over the past 3 months. It helps to show if your diabetes treatment plan is working. The goal for many people is less than 7% – but your doctor may set a different goal for you.	The American Diabetes Association (ADA) recommends an A1C test at least twice per year.
Cholesterol (Lipid) Test	A lipid test shows what your cholesterol levels are. Too much of some types of cholesterol can increase your risk for heart disease or stroke. That's why it's important to keep your levels in check. Statin therapy is recommended in patients with diabetes (per the ADA and American College of Cardiology/American Heart Association (ACC/AHA) unless LDL <40 mg/dL or the patient has a contraindication to therapy.	Talk to your doctor about how often your cholesterol needs to be tested.
Diabetic Foot Exam	Foot problems are common in people with diabetes. The good news is that most problems can be prevented with careful foot care.	The ADA recommends having a complete foot exam by your doctor each year and a foot check at every doctor's visit. You should also check your feet daily and call your doctor if you notice changes or have less feeling (sensation).
Blood Pressure	Blood pressure that's too high makes the heart work harder and can lead to heart disease. The blood pressure goal for most people with diabetes is less than 140/90 mm Hg and in some cases less than 130/80 mm Hg.	The ADA recommends checking your blood pressure at every doctor's visit.
Diabetic Eye Exam	A diabetic eye exam can show if you have an eye disease – or are at risk for getting one. It's important to take care of your eyes early to lower the risk of serious vision problems or even blindness.	The ADA recommends a diabetic eye exam at least once per year.
To learn more, visit the American Diabetes Association's website at www.diabetes.org .		

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) provides free aids to service people with disabilities as well as free language services for people whose primary language is not English. Please contact the Customer Service number on the back of your ID card for assistance.

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) proporciona asistencia gratuita a las personas con discapacidades, así como servicios lingüísticos gratuitos para las personas cuyo idioma principal no es el inglés. Comuníquese con el número para servicio al cliente que aparece en el reverso de su tarjeta del seguro para obtener ayuda.

The Duke Diabetes program is administered by Duke, an independent entity. Terms and conditions apply. Duke reserves the right to change or discontinue the program at any time, including changing the dollar amounts and available rewards, without prior notification. The goal of this program is to help members make better decisions about their health and to help them follow their provider's plan of care. Decisions about care should be made with the advice of the member's provider.

HealthEquity is an independent company that is solely responsible for the administrative claims services and gift cards it is providing. HealthEquity does not offer Blue Cross or Blue Shield products or services.

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