

Diabetes Benefits

The KEHP offers several programs to help with the prevention of and treatment for diabetes.

LARK

The Kentucky Employees' Health Plan, through its medical vendor, Anthem, has partnered with Lark to offer a type 2 diabetes prevention program at no extra cost to you. After a brief survey, if you are determined to be at risk for diabetes and enroll in the Lark program, you will receive:

- Access to a customized program through a convenient mobile app.
- 24/7 coaching to help develop habits to lose weight, manage stress, eat healthier, sleep better, and increase activity.
- Personalized feedback and daily check-ins.
- Educational information about prediabetes and preventing type 2 diabetes.
- Tips for managing everyday stress.

Receive a free smart scale upon enrollment and a free Fitbit after reaching certain milestones. See if you qualify at lark.com/anthem.

DSMES

Diabetes Self-Management Education and Support (DSMES) is available to you if you have already been diagnosed with type 1 diabetes. No deductible, no co-insurance, no cost to you! DSMES is an educational program for diabetes self-care, as developed through evidence-based practices. This is for members who have been diagnosed with type 1 diabetes by their health care provider. DSMES can be taught in a group or an individual setting, and can be offered in person or online. Services are typically provided by a registered dietitian or a certified diabetes educator. The DSMES program format includes weekly classes that focus on learning to eat healthier, being physically active, monitoring blood sugar levels, coping with the emotional side of diabetes, problem solving, reducing the risk for other health problems, and many other related topics. Ask your physician about how to find a DSMES provider near you.

Transform Diabetes Care (TDC)

TDC is a customized approach to diabetes and comorbidity management that provides the right amount of guidance and support based on your health needs. And it's covered at no cost to you through CVS.

With this program, you will receive:

- Timely notices about refills.
- Reminders to ask your provider about regular health checkups and screenings.
- Nutrition plans based on your needs and preferences.

You can also download the CVS Health Tracker app, which will provide valuable tools to:

- Monitor your glucose levels and track calories.
- Message with a health coach.
- Access personalized support from a Certified Diabetes Care Nurse.