



HEALTHY FEET ARE HAPPY FEET!

If you are living with pre-diabetes or any type of diabetes, there's a lot to manage to lead a healthy life, and your feet might be the last thing on your mind. But daily care and managing your blood glucose levels are the best ways to prevent foot complications, like nerve damage.

Plus, the Good Health Gateway® Diabetes Care Rewards Program rewards you for staying on top of your foot exams.

Take the following steps to keep your feet healthy and earn Rewards.

- 1 Join at [GoodHealthGateway.com](https://www.GoodHealthGateway.com) at no cost to you.
- 2 Complete your routine diabetes labs and exams with your doctors, including an annual foot exam.
- 3 **Earn \$0 copays on diabetes medications and supplies for taking care of your feet and your health!**



MAINTAINING HEALTHY FEET

- Look at your feet every day.
- Wash your feet every day in warm (not hot) water. Don't soak your feet.
- Never go barefoot. Wear comfortable socks and shoes.
- Trim your toenails straight across and gently smooth any sharp edges.

Join Today

800.643.8028

[GoodHealthGateway.com](https://www.GoodHealthGateway.com)

Nosotros hablamos español.
Para obtener más información
sobre nuestro Programa de
recompensas para la diabetes,
llame a nuestra Línea de ayuda.



The **Good Health Gateway** Diabetes Care Rewards Program is a voluntary and confidential service for employees and their families enrolled in our health plan.