00;00;09;24 - 00;00;15;29
Unknown
Hi, I'm Dr. Neil Hockstein, Chair of the State Employee Benefit Committee and Surgeon General for the State of Delaware.

00;00;16;01 - 00;00;16;05
Unknown
In

00;00;16;09 - 00;00;21;24
Unknown
these roles, a lot of what I do is focus on helping people stay healthy and making sure they have the support they need.

00;00;22;00 - 00;00;28;00
Unknown
As November as Diabetes Awareness Month, I'd like to spend a few minutes talking with you about diabetes and your health.

00;00;28;00 - 00;00;45;21
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Your health matters, and your State of Delaware benefits can connect you with resources to support your well-being. Whether you're focused on preventing type 2 diabetes or managing your type 1 or type 2 diabetes, your benefits can help you take charge of your health.

00;00;45;24 - 00;00;57;13
Unknown
If you're at risk for type 2 diabetes and enrolled in a State of Delaware non-Medicare health plan and meet the program's eligibility criteria, you can participate in the Diabetes Prevention program at no cost.

00;00;57;13 - 00;01;08;00
Unknown
This CDC-recognized program can help you eat healthier, get more active, and lower your risk of developing type 2 diabetes. Programs are available in person or virtually.

00;01;08;00 - 00;01;10;27
Unknown
If you're already managing type 1 or type 2 diabetes,

00;01;10;27 - 00;01;26;27
Unknown
Diabetes Management Programs available through your State of Delaware non-Medicare health plan can help you manage your condition and make healthy changes, including losing weight, eating better, and quitting smoking.

00;01;26;29 - 00;01;42;02
Unknown
Your State of Delaware health plan offers wellness resources including discounts on gym memberships, weight loss programs and meal plans, plus access to a 24-hour nurse line when you have health questions.

00;01;42;05 - 00;01;53;10
Unknown
The State of Delaware non-Medicare Prescription Plan offers eligible diabetic supplies including test strips, lancets and syringes and needles at a $0 copay through participating pharmacies.

00;01;53;17 - 00;02;05;06
Unknown
Diabetic supplies designated as Durable Medical Equipment or DME, including continuous glucose monitors and insulin pumps, are not covered under the

prescription plan. Contact your health plan to discuss coverage options.

00;02;05;06 - 00;02;16;19
Unknown
You may be able to save on medications. Multiple eligible diabetic medications can be obtained for one copay when filled at the same time through a participating 90-day pharmacy or designated Mail Service

00;02;16;19 - 00;02;21;01
Unknown
Pharmacy.

00;02;21;04 - 00;02;32;13
Unknown
Your support doesn't stop with prescriptions. If you have type 1 or type 2 diabetes, your State Vision Plan includes a follow up medical examination every six months at no cost with an in-network provider.

00;02;32;20 - 00;02;45;28
Unknown
Managing a health condition can also be stressful. State of Delaware non-Medicare Health Plan members have access to the Employee Assistance Program, or EAP, at no cost. Additional support and resources are available to help.

00;02;45;28 - 00;02;56;26
Unknown
From prevention and diabetes management to prescription savings, eye care, wellness resources, and emotional support, your State of Delaware benefits are designed to support your health.

00;02;56;28 - 00;03;11;18
Unknown
And remember, taking charge of your health goes beyond your state benefits. Through Delaware's Division of Public Health, all Delawareans can access information and resources to help prevent and manage diabetes. Visit HealthyDelaware.org to learn more.

00;03;11;21 - 00;03;17;02
Unknown
Talk with your healthcare provider, ask questions and take advantage of resources available to you.

00;03;17;10 - 00;03;27;11
Unknown
Ready to learn more? Visit de.gov/statewidebenefits. Choose your group, find Condition Prevention & Management resources and select Diabetes.

00;03;27;14 - 00;03;31;01
Unknown
Know your benefits. Use your resources. Take charge of your health.