

COUNTDOWN TO CONTROL

for Optimal Diabetes Management

Now, more than ever, is the time to manage your health and maintain your daily care regimen to manage your diabetes.

CentraState's Novo Nordisk Diabetes Center has launched "**Countdown to Control**"—an exclusive health benefit for CentraState employees and their health plan dependents— to get **fast** and **convenient** access to the recommended tests and information you need to prevent the complications associated with poorly controlled blood sugar.

The services offered through our Countdown to Control program are available at no out-of-pocket cost to employees and dependents diagnosed with diabetes who are enrolled in CentraState's Health Plan. Results will be shared with your Primary Medical Doctor so they know you have completed this essential test.

Call the **CentraState's Diabetes Center** at **732.294.2574** to arrange for your consultation or other **Countdown to Control** services.



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STAY ON TRACK

with a Prescribed Diabetes Management Plan

Are you doing all you can to stay on top of your diabetes management plan?

We get it—sticking to the recommended schedules for eye exams, foot exams and lab tests can feel bothersome. CentraState Diabetes Center offers “**Countdown to Control**” —an exclusive health benefit for CentraState employees and their health plan dependents—to get **fast** and **convenient** access to the recommended tests and information that can help prevent the complications associated with poorly controlled blood sugar.

Countdown to Control offers comprehensive services including:

- RetinaVue eye exam—the world’s most advanced hand-held retinal camera to detect early signs of vision loss
- Diabetic foot exams
- Lab testing
- Diabetic education
- Nutrition counseling

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PREVENT VISION LOSS

with a RetinaVue Eye Exam

Vision loss caused by diabetic retinopathy is one of several conditions that needs close surveillance. In fact, 95 percent of vision loss due to diabetic retinopathy can be prevented with early detection.

The Countdown to Control program offers the world's most advanced hand held retinal camera to detect early signs of the disease. This breakthrough device enables us to perform a dilated eye exam in just a few minutes rather than spending an hour or more at the optometrist's office. There are no drops and no waiting period for the eyes to dilate. You can come in, have your eyes examined and go about your day without the blurry vision caused by dilation drops.

These exclusive benefits are available with no out-of-pocket cost to employees and dependents diagnosed with diabetes that are enrolled in CentraState's Health Plan. Results will be shared with your Primary Care Physician so they know you have completed this essential test.

Call **CentraState's Diabetes Center** at **732.294.2574** to arrange for your RetinaVue Eye Exam and other **Countdown to Control** services.



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