

TRS-ActiveCare MANAGING DIABETES



Tune in to the worksite wellness podcast by Blue Cross and Blue Shield of Texas for a short episode to learn about living a healthy life with diabetes. We'll cover:

- the diabetes plate method
- exercise habits
- stress management
- partnering with your Primary Care Provider



Listen to the podcast at your convenience!
Click on the link below or scan the QR Code:
4 Things You Should Know to Live a Healthy Life with Diabetes



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