



**BlueCross BlueShield of Illinois**

300 East Randolph Street  
Chicago, IL 60601



**Reserve your spot today!**

Classes are filling quickly. See the attached flier for signup information.

Dear Member,

**You are invited to a Living365® diabetes class at a Jewel-Osco pharmacy near you!**

Understanding and controlling diabetes is not easy. That's why Blue Cross and Blue Shield of Illinois is working with Jewel-Osco to offer diabetes education classes starting in August AT NO CHARGE to our members. These classes will give members a chance to:

1. Go on a 'Healthy Eating' grocery store tour led by a registered dietitian. During the tour you'll learn about counting carbohydrates, types of fat, reading food labels and much more.
2. Engage with a Jewel-Osco pharmacist to learn more about diabetes and related treatments, monitoring blood glucose, and incorporating physical activity into your lifestyle.
3. Participate in a question and answer session.
4. Receive educational materials and items such as a tote bag AND water bottle.

We expect classes to fill up quickly, so don't wait! Attached is a flier with the time and location of classes in your state. To reserve your spot in the class, follow the directions on the flier.

And here's another perk: you can bring one person with you to the class. Your guest does not have to be a Blue Cross and Blue Shield of Illinois member. Be sure to let us know if you are bringing a guest when you sign up, because SEATING IS LIMITED!

At Blue Cross and Blue Shield of Illinois, we believe that healthy actions add up. Sign up today for our Living365 diabetes class, offered exclusively to Blue Cross and Blue Shield of Illinois members.

Sincerely,

*Blue Cross and Blue Shield of Illinois*

***Continues on reverse***





Our Living365® program is aimed at providing healthy guidance through classes, in-home test kits, printed materials, online resources and more.

If you have other questions or concerns, please call the phone number on the back of your member ID card.

Jewel-Osco is an independently contracted pharmacy solely responsible for the products and services they provide.

Blue Cross, Blue Shield and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



# Diabetes Education Classes

Join a registered dietitian and in-store pharmacist on this exclusive tour just for Blue Cross and Blue Shield members **AT NO COST!**

It's all part of our Living365<sup>®</sup> program!

## Diabetes Education Classes - Dates & Times

<b>Monday, August 5</b> 12:00 p.m. – 1:30 p.m. Jewel-Osco 481 Busse Highway Park Ridge, IL 60068	<b>Wednesday, August 7</b> 11:00 a.m. – 12:30 p.m. Jewel-Osco 4660 W. Irving Park Road Chicago, IL 60641	<b>Thursday, August 15</b> 10:00 a.m. – 11:30 a.m. Jewel-Osco 2128 Mannheim Westchester, IL 60154	<b>Saturday, August 17</b> 10:00 a.m. – 11:30 a.m. Jewel-Osco 1950 W. Galena Blvd. Aurora, IL 60506
<b>Wednesday, August 21</b> 11:00 a.m. – 12:30 p.m. Jewel-Osco 8801 S. Ridgeland Oaklawn, IL 60453	<b>Thursday, August 29</b> 6:00 p.m. – 7:30 p.m. Jewel-Osco 2520 N. Narragansett Ave. Chicago, IL 60639	<b>Saturday, August 31</b> 11:00 a.m. – 12:30 p.m. Jewel-Osco 303 Holmes Avenue Clarendon Hills, IL 60514	<b>Wednesday, September 11</b> 12:00 p.m. – 1:30 p.m. Jewel-Osco 750 Army Trail Road Carol Stream, IL 60188
<b>Thursday, September 12</b> 6:00 p.m. – 7:30 p.m. Jewel-Osco 6426 W. Irving Park Road Chicago, IL 60634	<b>Saturday, September 14</b> 10:00 a.m. – 11:30 a.m. Jewel-Osco 1200 W. Boughton Bolingbrook, IL 60440	<b>Wednesday, September 25</b> 11:00 a.m. – 12:30 p.m. Jewel-Osco 5324 S. Pulaski Chicago, IL 60632	<b>Saturday, October 5</b> 10:00 a.m. – 11:30 a.m. Jewel-Osco 5345 N. Broadway Chicago, IL 60640

**Reserve your spot TODAY!**

Call 877-728-6655 Monday through Friday  
from 9:00 a.m. – 6:30 p.m., local time OR visit [http://www.jewelosco.com/Living365\\_DM](http://www.jewelosco.com/Living365_DM).

If the class is cancelled for any reason, you will be notified by phone.

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## Diabetes Education Classes - Dates & Times

### Wednesday, October 9

11:00 a.m. – 12:30 p.m.  
Jewel-Osco  
6107 S. Archer Avenue  
Chicago, IL 60638

### Thursday, October 17

6:00 p.m. – 7:30 p.m.  
Jewel-Osco  
4650 W. 103rd Street  
Oak Lawn, IL 60453

### Wednesday, October 23

6:00 p.m. – 7:30 p.m.  
Jewel-Osco  
9352 W. 159th Street  
Orland Park, IL 60462

### Thursday, October 24

10:00 p.m. – 11:30 p.m.  
Jewel-Osco  
3243 W. 115th Street  
Merrionette Park, IL 60803

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