



BlueCross BlueShield of Illinois



300 East Randolph Street
Chicago, IL 60601

Reserve your spot today!

Classes are filling quickly. See the attached flyer 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 April 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 flyer with the time and location of classes in your state. To reserve your spot in the class, follow the directions on the flyer.

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!

If you can't attend any of these classes, we'll let you know about more classes starting in September.

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® program!

Diabetes Education Classes - Dates & Times

<p>Saturday, April 6 11:00 a.m. - 12:30 p.m. Jewel-Osco 6140 Northwest Highway Crystal Lake, IL 60014</p>	<p>Thursday, April 11 11:00 a.m. - 12:30 p.m. Jewel-Osco 1220 S. Ashland Ave. Chicago, IL 60608</p>	<p>Wednesday, April 17 6:00 p.m. - 7:30 p.m. Jewel-Osco 17930 Wolf Road Orland Park, IL 60467</p>	<p>Thursday, April 25 6:00 p.m. - 7:30 p.m. Jewel-Osco 4650 W. 103rd St. Oak Lawn, IL 60453</p>
<p>Thursday, May 2 11:00 a.m. - 12:30 p.m. Jewel-Osco 7530 S. Stony Island Ave. Chicago, IL 60649</p>	<p>Saturday, May 4 10:00 a.m. - 11:30 a.m. Jewel-Osco 1200 W. Boughton Bolingbrook, IL 60440</p>	<p>Thursday, May 9 6:00 p.m. - 7:30 p.m. Jewel-Osco 1225 Naper Blvd. Naperville, IL 60540</p>	<p>Monday, May 13 6:00 p.m. - 7:30 p.m. Jewel-Osco 655 Main St. N.W. Bourbonnais, IL 60914</p>
<p>Saturday, May 18 10:00 a.m. - 11:30 a.m. Jewel-Osco 1177 S. Main St. Lombard, IL 60148</p>	<p>Thursday, May 23 11:00 a.m. - 12:30 p.m. Jewel-Osco 1655 E. 95th St. Chicago, IL 60617</p>	<p>Thursday, June 13 11:00 a.m. - 12:30 p.m. Jewel-Osco 2550 N. Clybourn Ave. Chicago, IL 60614</p>	<p>Thursday, June 13 6:00 p.m. - 7:30 p.m. Jewel-Osco 2520 N. Narragansett Ave. Chicago, IL 60639</p>

Reserve your spot TODAY! Call 877-728-6655 Monday through Friday from 9:00 a.m. – 6:30 p.m., local time OR visit <https://bit.ly/living365IL>.

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

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

Diabetes Education Classes - Dates & Times

Saturday, June 15

11:00 a.m. - 12:30 p.m.
Jewel-Osco
303 Holmes Ave.
Clarendon Hills, IL 60514

Thursday, June 20

10:00 a.m. - 11:30 a.m.
Jewel-Osco
3243 W. 115th St.
Merrionette Park, IL 60803

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