



**Don't sugarcoat diabetes!**

There is no sugarcoating the facts about diabetes. Nearly 30 million Americans have it, according to the U.S. Centers for Disease Control and Prevention.

People with diabetes have high blood sugar levels because their bodies can't make or use insulin normally. Insulin is a hormone our bodies need to turn sugar, starches and other food into energy.

When diabetes is well-managed with a healthy diet, regular exercise and healthy weight, people often can live long, healthy lives. The best thing for preventing complications from diabetes is to develop a good relationship with your health care team, which might include your primary care physician, a dietitian, an ophthalmologist, a health coach and others. Keeping open communication with your health care team is important and it helps you play an active role in your care.

The State Health Plan is also working to help primary members who have diabetes better manage it through diabetes education at no cost to them. Members are encouraged to talk to their in-network doctors about this important and helpful option.

View this offer from PEBA Perks [here](#). You can also get on-the-go health info sent to your mobile phone by dialing 844.284.5417.

**Eye Spy...**



Good vision is crucial for work and play. It is also a significant part of your overall health. A yearly eye exam can help detect serious illnesses, such as high blood pressure, heart disease and diabetes. That is why PEBA offers vision care benefits through the State Vision Plan, which is administered by [EyeMed Vision Care](#)®.

Eligible State employees who do not elect vision coverage still have benefits available to them through the [Vision Care Discount Program](#). This program offers discounted vision care services. Providers throughout the state have agreed to charge no more than \$60 for a routine, comprehensive eye exam. If you are fitted for contact lenses, you may pay more because that can require additional services. Providers, including opticians, also have agreed to give a 20% discount on all eyewear except disposable contact lenses.

Protect your eyes today for a sweeter tomorrow!



**Looking ahead: PTC to host regional Pre-Retirement Seminar**

It is important to start planning for a sweeter financial future and to recognize that there are emotional preparedness components to consider when preparing for life after retirement.

On Friday, August 11<sup>th</sup>, Piedmont Technical College will host representatives from various agencies to present information regarding retirement preparedness. PTC has opened registration for the full-day seminar to employees of nearby State agencies who are interested in attending.

“Making Plans for Retirement” will be held in room 222-C of the James C. Self Conference Center starting with registration at 8:15am. The full agenda can be viewed [here](#). [Register today!](#)



Scheduled presenters include:

- Mr. George Hazin, PEBA – SC Retirement System
- Ms. Susan Brantley, PEBA – Retiree Insurance
- Mr. Paul Manville, Empower Retirement Services –SCDC Plan Counselor
- Mr. Hugh Camp, Social Security Administration
- Mr. Peter Manning, The Manning Law Firm

It is never too soon to start planning! Many participants from the Spring seminar commented that they wish they had attended something similar earlier in their careers. Seminars are offered by various State agencies throughout the year. Check out [www.PEBA.sc.gov](http://www.PEBA.sc.gov) for upcoming events that you may be able to attend.