

# TARGETED COACHING: DIABETES



Highly engaging and effective, one-on-one, Behavioral Health Coaching and education program for diabetics and prediabetics, inspired by CDC's Diabetes Prevention Program to help members prevent or gain optimal control of diabetes. This is a twelve month program that helps employees take the first steps towards learning about and managing their diabetes.

- They will become educated on the impact of diabetes and how it affects their health.
- We empower them with the tools, resources, and support to make positive lifestyle changes to improve their health.
- This is not a quick fix, so over the course of this program, we will focus on long- term changes and lasting results.
- Many tips will be offered through the program, knowing that behavior change is challenging and takes work, support, and determination.
- Includes 6 Behavioral Health Coaching 30-minute sessions, in addition to the 12 Diabetic Health Coaching Sessions.

## Session Topics

- Program Goals & Goal Setting
- Coping with Diabetes & Diabetes Basics
- Blood Sugar
- Standards of Care
- Nutrition Basics
- Carbohydrates
- Meal Planning & Grocery Shopping
- Healthy Cooking
- Eating Out
- Getting Started with Exercise
- Exercise 101
- Keep Going & How to Handle Setbacks

## Benefits

- Improved hemoglobin A1C levels
- Improved management of blood pressure and cholesterol levels
- Higher rates of medication adherence
- Improved glycemic control, lipid profile, and BMI
- Reduced risks of developing diabetes complications
- Improved behavior-change and stress management



Thank you for helping me get on the right track with this. If you hadn't called me, I probably would have ended up in the ER in bad shape.



This program has really been a game changer for me. For the first time in a while, I'm focused on weight loss, exercise, and my blood sugar levels.



My A1c has gone from 8.0 to 7.5 at my most recent doctor appointment. My doctor was pleased to hear that I was participating in a diabetes education program to learn how to better manage my blood sugar on a regular basis.