



# Take charge of your wellness



## Manage your health and feel better

Living with diabetes can be challenging. You can feel good one day and out of control the next. We can help. Call 877-277-7281 and talk with a health coach today!

### A program tailored to you

Our Diabetes Care program is specially created to help you manage your diabetes and keep complications in check. When you enroll, you'll get free one-on-one access to a health coach. Together, you'll make a plan to manage the everyday challenges so you can start feeling better.

### Talk with your health coach over the phone or email to:

- > Get answers to your questions
- > Learn healthy lifestyle habits
- > Set reachable goals
- > Track your progress to better health

### Take the first step

There are many ways to take charge of your diabetes. When you sign up for health coaching you'll learn more about:

- > Keeping blood sugars in range
- > Healthy meal planning
- > Getting more activity
- > Managing stress
- > Maintaining a stable weight
- > Living longer and feeling better every day!

### Call a health coach today:

Call toll-free at 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, please call 711.



[modahealth.com/oebb](http://modahealth.com/oebb)

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）