

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. TTY users, please call 711.



modahealth.com

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）