

## ➤ Diabetes Care program



### Meet Sarah\*, a 56-year old woman with type 2 diabetes

In August of 2008, Sarah's daily morning blood sugar readings were between 150 and 200, not at the goal range of 70 to 130. Her quarterly A1c blood checks averaged 7.8 – higher than the goal of under 7. She felt “out of control.” She had no one to support her in following her diet or physical activity plan.

Sarah started working with Marilyn, her Moda Health coach, to get help controlling her diabetes. Marilyn helped Sarah set goals for herself and after a few months, Sarah was eating better and getting more physical activity. Her blood sugar readings dropped to an average of 120, and her A1c level dropped to 5.8.

Within one year of starting the Moda Health Diabetes Care program, Sarah said she was feeling much better and had an improved understanding of diabetes. Sarah is now in control of her diabetes and says she feels “healthier than I've felt in years.”

*\*Name has been changed.*

Are you confused about the best way to control your diabetes? We can help. The Moda Health Diabetes Care program offers you a chance to take charge of your health and reduce the complications associated with diabetes.

#### As a participant in our Diabetes Care program, you will:

- Work one-on-one with a trained health coach over the phone or via email.
- Set goals and learn how to achieve those goals.
- Track your progress to better health.

#### Get results

Coaching is easy!  
Contact us to get started.

Phone: 503-948-5548  
877-277-7281  
(TTY users, please dial 711)

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