



CareHere!

# DIABETES

Testing Supplies & Education at **NO COST**

Your CareHere Health & Wellness Center provides employees and eligible dependents with diabetes treatment, health coaching and supplies at **NO COST**.

### It's Your Choice!

Participation is up to you. If you prefer not to participate, your provider will give you a written prescription to fill at a pharmacy.

### It's as Easy as 1-2-3!

1. Complete a Health Risk Assessment (includes a blood draw with Hemoglobin A1c level, questionnaire, height, weight and vitals) and a follow-up appointment with your CareHere provider each year.
2. Get your Hemoglobin A1c labs drawn every 3 months or as prescribed by your provider.
3. Participate in health coaching with a Certified Health Coach.
  - You will work on lifestyle changes with your coach that will help you better manage your blood sugar.
  - This may take 2 or more visits to accomplish, depending on your goals.
  - You will need to touch base with your coach at least once a year as long as you are receiving supplies.

### We Are Here to Help!

- You will receive a glucometer, testing strips, lancets and a lancet pen at no cost. The Health Center staff can teach you how to use them.
- You can pick up refills during your regular follow-up appointments at the CareHere Health & Wellness Center.
- Your provider and health center staff will help you understand your diabetes and how to manage it.
- Both the health center and support center staff can assist you with making an appointment with your CareHere Health Coach.

Get started by scheduling an appointment online at [CareHere.com](https://www.CareHere.com)  
or by calling **877.423.1330**.

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