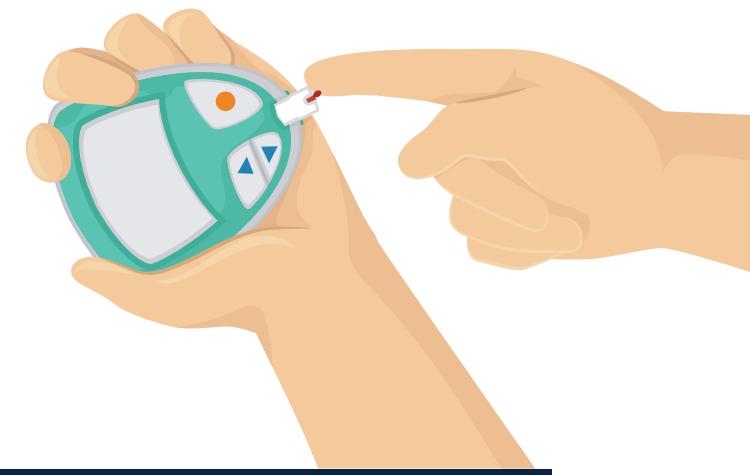


# Living Well with Diabetes Program



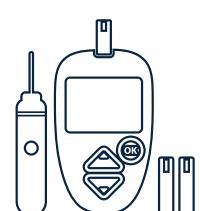
## What's included?



One on one sessions with your Aetna Nurse Health Coach



Regular monitoring of your HbA1c



Blood glucose monitoring



Coordination of care with your physician



Help with goal setting



Guidance on understanding your medications, exams, lab results and instructions from your physician

## Is there a reward for participating?

Yes!

Complete 5 sessions with your Health Coach and you can earn a \$100 gift card!



## Who is eligible?

All Alex Lee employees are eligible if:

- They are covered under an Alex Lee Aetna Medical Plan
- They are currently being treated for pre-diabetes or diabetes
- -Or- they have a HbA1c  $\geq 6\%$

## How do I sign up?

Please call your dedicated Onsite Nurse Health Coach to register:

- Lowes Foods Coach:
  - Tama Waugaman, 959-230-5264
- MDI/Alex Lee/Souto/IMX Coach:
  - Rachel Dye, 959-230-5279
- W Lee Flowers Coach:
  - Stephanie Price, 959-230-5667