



CareHere!

# DIABETES

Testing Supplies & Education at **NO COST**

Your CareHere Health & Wellness Center provides employees and eligible dependents with Diabetes treatment, Wellness Coaching and Supplies at **NO COST**.

## It's Your Choice!

You get to choose whether you'd like to participate in this program. If you choose not to participate in this program, your provider will give you a written prescription for diabetes testing supplies to fill at a pharmacy at your normal co-pay cost.

## If You Choose to Participate, Here's What You'll Need To Do

- Complete a Health Risk Assessment (includes a blood draw with Hemoglobin A1c level, questionnaire, height, weight, and vitals) with a follow-up appointment with your CareHere provider annually.
- Complete your lab draws as prescribed by your provider (Hemoglobin A1c lab test every 3 months or as prescribed).
- Participate in health coaching with a member of the CareHere Wellness Team. You must start within six months of when you are initially given your diabetes testing supplies.
  - 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.

## What You Can Expect

- When you first receive testing supplies, the Health & Wellness Center nurse will show you how to use them. The staff will provide you with a glucometer, glucometer testing strips, lancets, and a lancet pen.
- You can pick up your supply refills during your regular follow-up appointments at the CareHere Health & Wellness Center.
- Your provider and health center staff will help you understand your condition and how to manage it, discuss your medication options, and how to fill your prescriptions.
- The clinic staff will help you get an appointment with your CareHere Health Coach.

Take advantage of this great service by scheduling an appointment online at [CareHere.com](https://www.carehere.com) or by calling **877.423.1330**.

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