

*The ODS Diabetes program offers you a chance to take charge of your health and reduce your risk of heart disease.*

When you enroll in the **Diabetes program** you will:

- » Work one-on-one with a trained health promotion nurse over the phone or via E-mail
- » Set goals and learn how to achieve those goals
- » Track your progress to better health

### Meet Sarah\*, a 56-year old with type 1 diabetes.

In August of 2005, Sarah's daily morning blood sugar readings were between 150 and 200, not at the goal range of 80 to 100. Her quarterly A1c blood checks averaged 7.8 higher than the goal of under 7. She also felt "out of control" and said she had no one to keep her accountable.

Sarah started working with Carol Meeuwsen, an ODS health promotion nurse, to control her diabetes. After a few months, Sarah started eating better and doing a better job at controlling her diabetes with the help of an insulin pump. Her blood sugar readings had dropped to an average of 120, and her A1c levels had dropped to 5.8.

Within one year of starting the 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.*

ENROLLMENT IS EASY.

877- 277-7281

TTY 800- 433-6313

E-mail [diabetes@odscompanies.com](mailto:diabetes@odscompanies.com)

## DIABETES PROGRAM

Are you confused about the best way to control your diabetes? Take charge of your health and reduce the complications associated with diabetes.



Regain  
control.

ODS

Health Promotion Programs