

<Date>

We know it can be difficult to manage your health. That is why we give you access to a Health Coach—a specially trained health professional—at no cost, anytime day or night by calling **[1-000-000-0000]**.

Your Health Coach can help you with many health concerns—ranging from ways to make sure you are taking your medicines the right way, to working with your doctor to find the best treatment for you. Listed below is one or more of the health conditions your Health Coach can help you better understand and manage:

Diabetes: Stay in control of your diabetes by taking your medications regularly, having a plan for what to do if your blood sugar is too high or low, and getting regular exams.

Hypertension: You may feel well even when your blood pressure is high. Keeping it down with diet, exercise, and medications can help you stay healthy.

If you would like more information about the above condition(s) or have any other health questions, call your Health Coach today. Please find enclosed the *How a Health Coach Can Help* sheet and other important health information.

Best of health to you,

[Insert signature here]

[Name]

[Title]

[Insert tagline and/or disclaimer here]

CC-VLTR-TPT

© Health Dialog 2008

<Full Name>

<Addr1>

<Addr1>

<City> <State> <Zip>

Dear <Salutation>,



[1-000-000-0000]

HC-PODINS-TPT

© Health Dialog 2008

Getting the Help You Need Doesn't Have to be Expensive.

Did you know a Health Coach is there for you anytime, day or night, to help you and your family? Below are some health issues that may affect you and your family. Mark the ones you would like to learn more about—and call your Health Coach today.

Atrial fibrillation

Depression

Hypertension (high blood pressure)

Benign prostate hyperplasia
(BPH or enlarged prostate)

Osteoarthritis

Migraines

Pregnancy

Kidney disease

Fibromyalgia

Cancer

Osteoporosis

Gastroesophageal reflux disorder (GERD)

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Anxiety disorders

Weight management

Back pain

Women's health issues

Knee and joint pain

Heart disease

Prostate cancer

Coronary heart disease (CHD)

Diabetes

Asthma

Heart failure

Chronic obstructive pulmonary disease
(COPD)



To find a plan
for managing

Know diabetes medicines.

Talk with a doctor about medicines for diabetes. Be

Know blood pressure numbers and keep track.

High blood pressure can cause serious health problems for people with diabetes. If blood pressure numbers are too high, the chances for problems like blindness, kidney failure, heart attack, and stroke go way up. Talk with a doctor about blood pressure numbers. Learn how to check and control blood pressure. A Health Coach can help.

Know blood sugar numbers.

Testing at home: Talk with a doctor about how often you should check your blood sugar at home. Ask a doctor what the right blood sugar numbers are for you.

The A1C test: The A1C test is done in your doctor's office. This measures blood sugar over several months. Most doctors do this test every 3 to 6 months to help adjust the medicines.

Other health issues.

Talk with a Health Coach and a doctor about these other common health issues:

- Making a sick day plan.
- Testing for early kidney failure.
- Foot care.
- Weight management.
- Dealing with feeling depressed.

DIA-PODIS-HD-0802

© Health Dialog 2008

sure you know:

- The names of all your medicines.
- What they are used for.
- How to take them and how often.
- Possible side effects.
- When to call the doctor.

Ask a doctor about taking ACE inhibitors, beta blockers, and aspirin. If there are problems with the medicines, talk to a Health Coach and doctor.

Know your diabetes symptoms: Have a plan.

With diabetes, there may be times when the blood sugar gets too high or too low. You need to know the warning signs and what to do. Warning signs may include feeling shaky or hungry and thirsty all the time. Talk with a Health Coach and a doctor about a plan.

Know cholesterol numbers.

High cholesterol (fat in the blood) can mean big trouble for people with diabetes. Ask a doctor what the right numbers are for you or your family, so that you can lower the chances of a heart attack.



To find a treatment

for living with

Living with Hypertension. Eat a heart-healthy diet.

Hypertension, or high blood pressure, is a lifelong condition. Always check the sodium content (salt) listed on

condition. If left untreated, hypertension can lead to heart disease, stroke, kidney failure, and other conditions. It is important that you work with your doctor to find the treatment plan that works best

for you.

Know your blood pressure target.

The lower your blood pressure, the better.

food labels.

- Limit the amount of sodium in the foods you eat.

Use herbs and other seasonings to flavor your food instead of salt.

-

- Avoid canned or processed meats, fruits, and vegetables.

**Take your medications
as directed.**

It may take more than one medicine to reach your blood pressure target.

For most people, blood pressure should be below 140/90.



- Lower targets are recommended for people with certain conditions, such as diabetes or kidney disease. If you have a health condition, check with your doctor to learn what your target should be.

Maintain a healthy weight.

Check with your doctor before starting an exercise program.

It is important to take your medicines exactly how and when your doctor has told you to, even if you feel well.

If you have any side effects or are having other problems taking your medicines, talk to your doctor.



•

**If you smoke and would like to
stop, call a Health Coach today.**

If you are 10% or more above a healthy weight, losing just a few pounds often can help reduce your blood pressure.

Exercise, such as brisk walking, at least 30 minutes a day, most days of the week, can help you feel better and stay healthier.

-

-