



Diabetes

Testing supplies and education



Premise Health provides members and eligible dependents with diabetes treatment, wellness coaching and supplies at no cost.

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 schedule a follow-up appointment with your provider each year.
- 2** Get your Hemoglobin A1c labs drawn every three months or as prescribed by your provider.
- 3** Participate in wellness coaching.
 - You will work on lifestyle changes to better manage your blood sugar.
 - This may take two or more visits to accomplish, depending on your goals.
 - You will need to touch base with your wellness 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. Your provider can teach you how to use your supplies.
- You can pick up refills during your regular follow-up appointments at your wellness center.
- Your provider will help you understand and manage your diabetes, and assist you with scheduling an appointment with a wellness coach.

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.



For more information: Schedule an appointment at mypremisehealth.com or use the My Premise Health app.

