



Take steps toward better health.

Small changes can make a big difference when it comes to diabetes. Whether you're living with the disease or trying to lower your risk, there are things you can do to improve your health. Take the next step by talking to your provider about what you can do to prevent or better manage your diabetes.

Whether you've already been diagnosed or are trying to prevent it, your provider can help you:

- Put a plan in place to eat healthier and add more physical activity to your day
- Come up with ways to manage your stress and stay motivated
- Manage your medications as needed
- Monitor your blood pressure, cholesterol and blood sugar levels

Talk to your provider today.

Call your Wellness Center to schedule an appointment.

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.