



I don't have to deal with this alone. The Diabetes Support Program. Call to start today.

If you find it difficult to manage your diabetes, [the Diabetes Support Program](#) may be right for you.

Connect one-on-one with a personal nurse who will work with you over the phone to help you live your healthiest life. This program is included in your health benefits plan, at no additional cost.

See how small steps can lead to meaningful results by working with your nurse to:

- Reduce risk factors, such as high cholesterol, high blood pressure and excess weight
- Establish exercise and weight loss goals to maintain a healthy lifestyle
- Understand your treatments, tests and procedures



1-866-202-0434

myuhc.com



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The material provided through this program is for your information only. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law.

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