

# Managing Your Diabetes

1-866-633-2446

CBIZ wants to ensure you have convenient access to the tools, plans and resources we offer to assist you in managing your health and the health of your dependents.

Diabetes is on the rise and each year millions of Americans are working to better manage their condition, which is why CBIZ has increased the number of programs and resources available to diabetics.



## Taking the Steps to Managing Diabetes:

- ❖ Talk with your physician or health care team to create with the best treatment plan for you.
- ❖ Seek help making changes to your current activity and nutrition habits by contacting a **UHC Health Coach** at 888-259-3037 to enroll in the Diabetes program. This program consists of 3-5 calls focused on helping you attain your goals.
- ❖ Get the nutritional guidance you need. Work one-on-one with a **Diabetic Nutrition Counselor** to help you create a nutritional routine that is good for you and the management of your diabetes (limit 3 sessions, per lifetime per member).

## Programs and Resources:

- ❖ **Health Coaching**  
Specifically related to Diabetes
- ❖ **Diabetic Nutritional Counseling**  
As an added medical plan benefit