



I don't have to deal with this alone.

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

1-877-839-5404

Call myNurseLineSM for more information about this program.

The Diabetes Support Program

The information provided through the Diabetes Support Program is for informational purposes only and provided as part of your health plan. This service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. Diabetes Support Program nurses, coaches or other representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Your personal health information is kept private in accordance with your plan's privacy policy. This program is not an insurance program and may be discontinued at any time.

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BAPTIST HEALTH PLAN[®]

