



Bob, a long time GTI driver, now Heartland driver, took the time to share his story about one of his passions, and a program that Heartland is now offering.

About five years ago Bob was diagnosed with Type 2 diabetes. Like most people, he was prescribed several antidiabetic medications to help control his blood sugar. His doctor told him that diabetes requires a lifestyle change, and careful monitoring of his blood sugar. He went on his way and assumed so long as he took his prescribed medications, he was fine.

In 2018 Bob's health was declining. He was taking his medications, but his blood sugar was out of control. Diabetes was progressing to the point he was in fear of not passing his DOT physical and losing his health. His blood pressure was high, his A1C levels were elevated, neuropathy (which is stinging or numbness) developed in his feet, with swelling in his lower legs, etc. He knew he had to do something to protect his livelihood and his overall health.

He read a story in "The Trucker" magazine about TrueLifeCare, a diabetes management program. He reached out to the company and they put him in their program. The founder of TrueLifeCare lost a very dear friend due to uncontrolled diabetes and has made it a mission to educate and help others with their diabetes. The fact is most people with diabetes do not know how serious the disease can be without properly managing it. Uncontrolled diabetes takes a toll on nearly every organ in your body, including your heart & blood vessels, eyes, kidneys, nerves, gastrointestinal tract, and your teeth & gums. You're 2 to 4 times as likely to have heart problems and strokes as people who don't have the condition.

Through TrueLifeCare, Bob receives free diabetic testing supplies sent to his home, including a glucose meter, testing strips, lancets, lancing device, and a blood pressure cuff if needed. Also, TrueLifeCare provides a trained Nurse Coach to engage with. At least every month Bob speaks to the nurse for guidance and as a great resource to him. Bob has learned how his blood sugars are affected by what and when he eats certain foods, and fully understands the misconception that medications alone will control diabetes. In fact, they will not.

Today, Bob continues in the program and is very grateful to TrueLifeCare. His A1C levels are now down to more acceptable levels. He has seen improvement in his overall health as a result and just passed his latest DOT physical with flying colors. He also looks forward to his retirement in a few years. If you see Bob on the road, in the office, or talk to him on the phone, he's a great resource. He is thrilled that Heartland is now offering TrueLifeCare to employees. We appreciate Bob for sharing his story and hope it motivates others who are suffering the effects of diabetes.