

Trimming Waist Lines and Improving Your Bottom Line



Reduce Medical Costs With TrueLifeCare

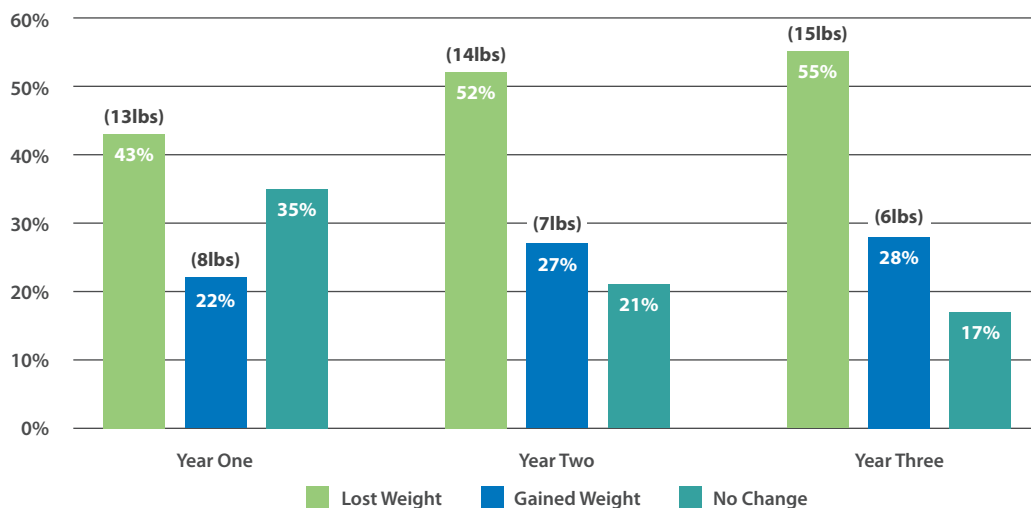
Most adults in America battle with weight at some point in their life. For those living with Type 2 diabetes excessive weight can be chronic and even disabling. Losing weight is difficult, but extremely beneficial for the overall health of most people with Type 2 diabetes. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) researched the impact of weight loss in this population. Their research documented the following health benefits gained by weight loss:

- Lower blood pressure levels
- Lower glucose levels
- Lower blood cholesterol levels
- Improved fitness and mobility
- Improved quality of life
- Reduced medication use
- Fewer sleep apnea problems
- Less urinary incontinence
- Lower frequency of hospitalizations

TrueLifeCare’s program and one-to-one RN Certified Health Coaches can help people with diabetes improve their life through ongoing support for better nutrition and activity behaviors. Our RN Coaches are trained to work with our members on controlling glucose and blood pressure, managing weight and stress and smoking cessation where needed. Efforts made to resolve these issues will help stabilize and improve the health of a person with Type 2 diabetes. While not directly a “weight loss” program, TrueLifeCare members do have a track record for improved weight management.

Sustained weight loss through the TrueLifeCare program is just the beginning. Health plan members consistently participating in TrueLifeCare’s program are learning how to use nutrition and activity to create and support better and more stable health as they live with diabetes. This directly leads to lower health costs, as well.

Incremental Weight Improvement



Note: Per member weight loss/gain noted above each bar

Let’s work together to improve employee health and significantly lower your company’s medical costs. Contact us today - 615.369.0707 or tellmemore@truelifecare.com.