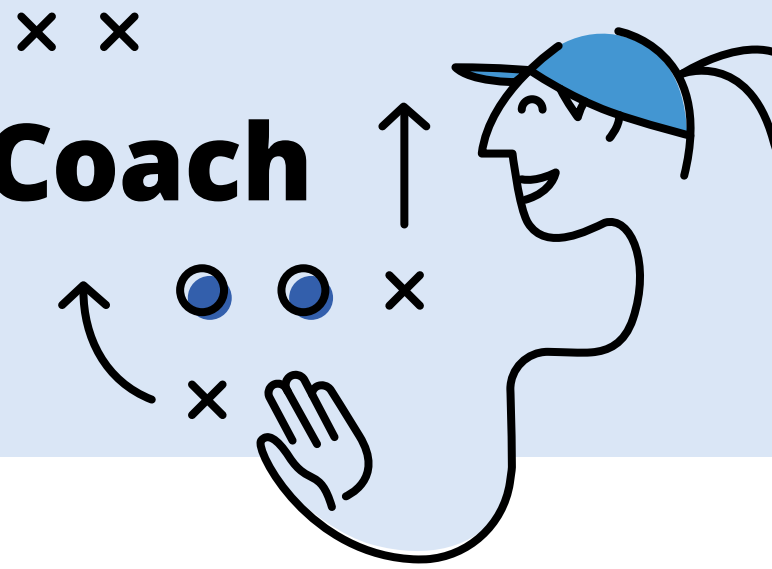


Your Diabetes Health Coach Is Here to Help



There's no need to manage diabetes on your own when you have the support of a **NovoCare® Diabetes Health Coach** at no cost to you. Your Coach can answer your questions one-on-one, but that's not all...

Here's how the program works

1

When you sign up, you'll receive an email with instructions for **scheduling your Welcome call**

2

Your Coach will call you, not the other way around—one less thing to remember to do!

Your Coach checks in with you weekly about what matters most to you

They'll reach out at your specified time via text, email, or phone, whichever you prefer. You'll chat about:



Setting goals and **keeping up motivation**



Tools and resources for tracking your diabetes, managing medicines, and living a healthy lifestyle



Strategies for stress management, sleep, exercise, and more



A few things you might ask your Coach about

Diabetes terms you want to learn more about

Information on side effects and how to manage them

What to do if you miss a dose

Lifestyle changes and how to make them part of your routine

