

Get **FREE** coaching and support to help manage your diabetes
Focus on what matters to you

Diabetes Health Coach

Brought to you by **NovoCare**®

Available in English and Spanish

Tamara
Actual Diabetes Health Coach



One-on-one coaching to help you set and reach your diabetes management goals for up to 6 months.*

Your coach will provide:

- ✓ Product training and support
- ✓ Answers to your diabetes lifestyle questions
- ✓ Tips and reminders
- ✓ Motivation and help with any setbacks
- ✓ Helpful lessons, fact sheets, and videos

You'll work with your Diabetes Health Coach through:



Weekly calls
at a time that
works for you



Online
lessons



Two-way
text
messages

In a survey about general education and support programs, about 8 out of 10 people found them valuable.



Actor portrayal.

"I feel more confident than ever before about managing my diabetes with Diabetes Health Coach and my healthcare provider."

— DHC Program Member

"Talking to someone who understands my diabetes has been so helpful. I appreciate having someone to talk to about it."

— DHC Program Member



Actor portrayal.

Reach out to your Diabetes Health Coach whenever you have questions!

**12
WEEKS**

Live coaching

Work with a Diabetes Health Coach to build a foundation. Each week you will focus on a specific topic to help support you in managing your diabetes.

**12
WEEKS**

Digital support

Bi-weekly lessons from your Diabetes Health Coach to continue making tiny steps and help you keep up with healthy habits.

START NOW!

Connect with your Diabetes Health Coach on the same day you sign up.*

Diabetes Health Coach

Brought to you by **NovoCare**®

Sign up today for free coaching



Online:

Visit diabeteseducation.novocare.com
or espanol.diabetes.novocare.com

Or, **scan this code** with a
smartphone or tablet



Scan me!



By phone:

Call **1-877-322-0281** (option 2 for Spanish)
Monday to Friday from 9:00 AM to 6:00 PM EST

*Some features are only for people with commercial insurance starting certain Novo Nordisk products.

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