



For YOUR Diabetes Health

TrueLifeCare, also known as TLC, is a proven, evidence-based program that helps people with diabetes achieve and sustain better health. What sets TLC apart is the personal and confidential engagement each Member has with their RN Coach.

Your Coach is trained to listen to your questions and concerns, to provide answers to your questions, and to provide helpful guides, videos and materials in the areas of nutrition, fitness, weight management, stress reduction, blood pressure management and smoking cessation in addition to glucose management.

Here's What TLC Members are Eligible to Receive

- Free glucometer that best suits your needs (such as with or without voice control, Bluetooth with Smartphone app and secure health cloud account)
- Zero co-pay for test strips and lancets for glucose self-checks
- Free blood pressure meter and cuff, if hypertensive
- Meal planning guides and tips
- Recipes and cookbooks specific to diabetes
- Educational tips and aids on more than 100 subjects related to diabetes
- **Most important:** *Your personal RN Coach*

Just like everyone, people with diabetes have jobs, families, budgets, activities and more. Everything in life that keeps us all so busy. But then you are also expected to manage diabetes. When the diabetes manages you (the "default" option), the eventual consequences to quality of life can be devastating. Imagine being in school without a teacher, or on a team with no coach. It helps...and helps a lot...to have someone there for you and just for you.

It's Free and No Obligation to Learn More about TLC



Call 888-788-4925



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