

WELLNESS WAYS

Wellness Services That Enhance Your Lifestyle

The Methodist Hospital, Corporate Wellness • 713-702-4711 • methodistcorporatewellness.com



Well Managed

Living, learning, loving life with diabetes



can be in-person or on the phone.

Your *Well Managed* partner will help you understand your diagnosis and maximize the lifestyle factors that impact diabetes—nutrition, exercise and stress management.

When you begin the program you will receive an assessment which includes lipids, HbA1c, blood pressure and weight. These measures will be repeated at the end of the program. You'll be able to see your progress!

You'll learn the management goals for people with Type 2 diabetes—what you need to do daily, monthly, quarterly and annually to take care of yourself.

The program also offers monthly educational flyers with tips on taking care of your health.

Management Goals

- **Achieve a Healthy Weight**
- **Maintain Blood Pressure**
- **Quarterly**
 - HbA1c Checks
 - Foot Exam
- **Twice Each Year**
 - Dental Cleanings
- **At Least Once Each Year**
 - Total Cholesterol
 - HDL
 - LDL
 - Microalbumin Test
 - Dilated Eye Exam
 - Flu Shot
 - Pneumonia Shot

Learning to live with diabetes can be daunting. Having a health partner can make all the difference.

The *Well Managed* program pairs a wellness coach with a person with Type 2 diabetes for 8 monthly sessions. The first and last session are face-to-face; the other sessions



**For more information
about this program**

Contact

Lori Wallace

Methodist Wellness Services

713-441-5525

lwallace@tmhs.org