

INTRODUCING

Diabetes TotalCare[®]

Simple checklists to keep you worry free, in control and help you get results

Diabetes TotalCare is a complete program designed to guide you step-by-step through your journey with diabetes. Everything you need to know, do and keep track of is conveniently provided to you at just the right time.

Keys to Success

- Learn at your own pace
- Involve your family members
- Make lifestyle changes with diet and exercise
- Plan to better manage your blood sugars and medication
- Measure your progress



Online Convenience

The Diabetes TotalCare online program provides a customized approach to help you better self-manage and take control of your diabetes.

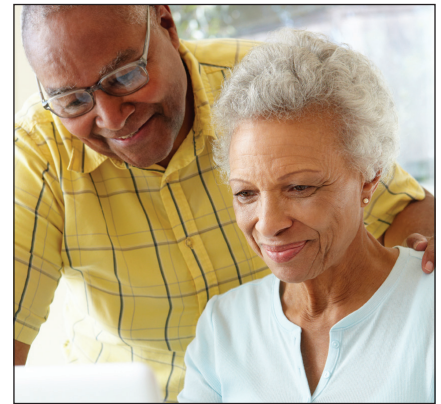
Features of the online program include:

- Checklists and reminders to make your journey less stressful
- Convenient access to important educational materials
- Ability to do your planning and simplify your to-do list to help you balance your priorities and goals
- Surveys to provide your care team with important feedback regarding your experience



Involve Support

We encourage you to attend support groups and educational meetings that can better inform you about diabetes. A diabetes educator can help you develop self-management tools to help with problem solving, answer your medication questions and guide you on the road to a healthy lifestyle.



Convenient Tele-Conferencing

While you are at home you may need additional support. Through a face to face discussion in the comfort of your home through your smartphone or computer, we can assist you with:

- Understanding your medications
- Meal planning and portions
- Supporting your goals
- Problem solving

The virtual meeting provides you support when you need it and where you want it.



Diabetes TotalCare is a joint partnership with Butler Health System and Clarion Hospital

For more information or to sign up, email Diabetes.Totalcare@ButlerHealthSystem.org