



A national patient lifestyle change program that offers lifestyle coaching and patient care tools

About the Program

Healthy Together is a FREE lifestyle change program that enables health centers to increase the impact of their diabetes prevention and control efforts by optimizing technology and taking a whole-person, culturally sensitive approach. Family or support members who are living with diabetes or are at-risk for diabetes are encouraged to participate in the program and gain the skills and tools needed to improve their health together.

Healthy Together is designed for health center patients who have high blood sugar (patients with diabetes or at-risk for diabetes). It follows the Centers for Disease Control and Prevention's (CDC) approved curriculum with a focus on healthy eating, physical activity, and managing stress.

Participating health centers are conducting this program in collaboration with NACHC, their state primary care association or health center controlled network, and national experts in diabetes prevention and control, including the Association of Diabetes Care & Education Specialists (ADCES).

How it Works

Through Lifestyle Coaching, **Healthy Together** provides patients with support and tools needed to lower blood sugar and improve overall health. The program includes:

One year of group sessions. Group sessions, led by a trained health center Lifestyle Coach and with support from a National Lifestyle Coach from ADCES, teach patients in a group setting about how to eat healthy, exercise, and reduce stress. Sessions will be offered through a combination of on-line and in-person formats.

Patient Self-Care Tools. Participating patients receive self-care tools (e.g., scale, pulse oximeter, blood pressure cuff, etc.) to help support valuable lifestyle changes.

The Role of the Lifestyle Coach

Lifestyle Coaches play a critical role in the success of the **Healthy Together** program. Lifestyle Coaches deliver a Centers for Disease Control and Prevention (CDC)-approved curriculum, meet with and support participating patients, train patients in the use of self-care tools, and connect patients to additional services and support, when needed.

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