



## You are Invited to join *Healthy Together*!

Dear \_\_\_\_\_ (patient name),

\_\_\_\_\_ (PCP name) is inviting you to join a new **FREE** program called

**Healthy Together** offered by \_\_\_\_\_ (health center name).

The program is to help you eat healthy, exercise, and deal with stress to help you lower blood sugar and live healthier! If you have a family member or support person who also has high blood sugar – you can participate together!

### How does the program work?

By joining **Healthy Together**, you get access to:

- 1 year of FREE 'Lifestyle Coaching' and group sessions. A Lifestyle Coach from your health center together with an online Lifestyle Coach from the Association of Diabetes Care and Education Specialists will teach you ways to eat healthy, exercise, and reduce stress. These sessions are group sessions and will include other patients from your health center who also are looking for ways to eat healthier, exercise more, and reduce stress. Sessions will be virtual (phone or video), with in-person check-ins at key points during the year. The sessions will follow this schedule:
  - April 1 – July 31, 2022: **weekly group call** (60-75 mins); no session 4<sup>th</sup> of July week
    - In-person connection at weeks 2 & 10 to receive additional tools
  - August 1– March 31, 2023: **monthly group call** (60-75 mins)
    - In-person connections in August, October, December, and March to receive additional tools.
- **FREE** tools to help you eat healthy, exercise, and reduce stress. Tools\* are provided at various points during the program year:
  - *Start Up Visit*: Scale, measuring tape, *Healthy Together* wellness tracker  
For patients with diabetes: blood sugar testing supplies
  - Week 2: MyPlate, Pill Organizer
  - Week 10: Thermometer
  - August: Pulse oximeter
  - October: Blood pressure monitor
  - December: Food or exercise related tool to support healthy lifestyle
  - March: *Close Out Visit*: Item to celebrate your success!

\*Tools listed are subject to change based on availability



**Do I get to keep the tools?**

YES! But only if you attend the sessions and record your weight, exercise, and food weekly. If you do not attend sessions or record your progress, you will be required to return the tools.

**What if I miss a session?**

Make-up sessions (scheduled in the same week) are offered! If you miss a regularly scheduled session, you are required to attend a make-up session. You are allowed to make up no more than 3 sessions. If you miss more than 3 regularly scheduled sessions, you may be removed from the program.

**What do I need to do to join?**

- Talk with your provider and health center staff to decide if this program is right for you. If you have diabetes, your provider must approve your participation in the program.
- Confirm that you have access to a phone for the group session calls. Let your health center Lifestyle Coach know if you have internet and/or cellular service or a smart phone (iPhone, Windows phone, Android, Amazon Fire Phone), tablet, or computer for other options.
- Sign a Patient Participation Agreement

Participating in *Healthy Together* is a fantastic opportunity to access free tools and benefit from the support of Lifestyle Coaches as they guide you through healthy eating, exercise, and dealing with stress to help you lower blood sugar and live healthier. We are very excited to invite you to join this program, and we hope you will consider participating!

\_\_\_\_\_ (health center provider/care team member name).

\_\_\_\_\_ (health center name).