



# DIABETES CARE PROGRAM

Are you confused about the best way to control your diabetes? We can help.

When you enroll in the **Diabetes Care program** you will:

- » Work one-on-one with a trained health coach over the phone or via e-mail
- » Set goals and learn how to achieve those goals
- » Track your progress to better health
- » Receive a free gift

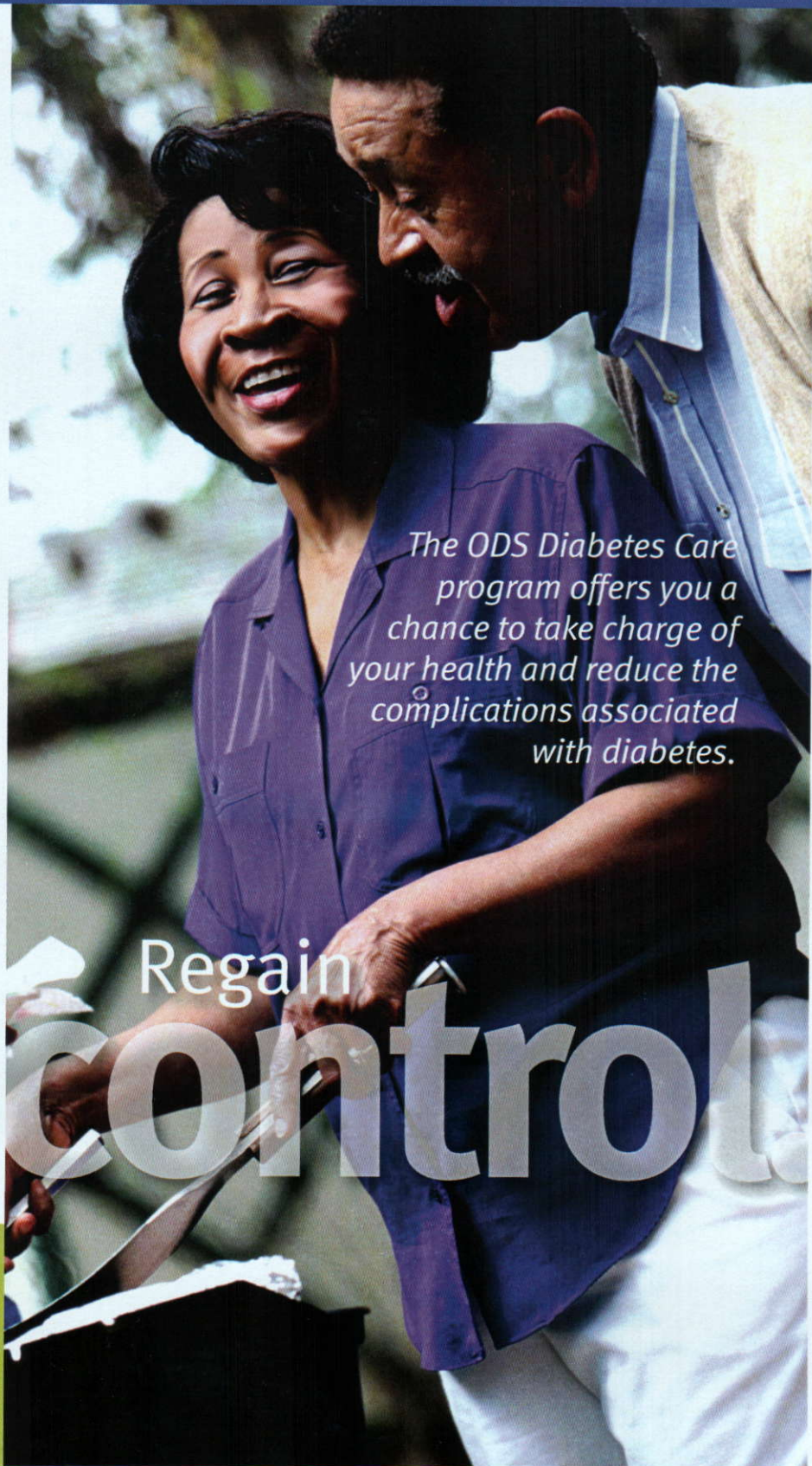
Meet Sarah,\* a 56-year old with type 1 diabetes.

In August of 2005, Sarah's daily morning blood sugar readings were between 150 and 200, not at the goal range of 80 to 100. Her quarterly A1c blood checks averaged 7.8, higher than the goal of under 7. She also felt "out of control." She had no one to support her in following her diet.

Sarah starting working with Barbara, her ODS health coach, to control her diabetes. After a few months, Sarah started eating better and doing a better job at controlling her diabetes with the help of an insulin pump. Her blood sugar readings dropped to an average of 120, and her A1c levels dropped to 5.8.

Within one year of starting the ODS Diabetes Care program, Sarah said she was feeling much better and had an improved understanding of diabetes. Sarah is now in control of her diabetes and says she feels "healthier than I've felt in years."

\*Name has been changed.



*The ODS Diabetes Care program offers you a chance to take charge of your health and reduce the complications associated with diabetes.*

Regain  
**control**

OEBB ODS DISEASE MANAGEMENT

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[www.odskompanies.com/oebb](http://www.odskompanies.com/oebb)