



# Diabetes Health Coach

powered by **Cornerstones4Care**<sup>®</sup>

Available in English and Spanish

**Get FREE coaching and support to help manage your diabetes**  
Care resources on topics that matter to you

## Coaching

**One-on-one coaching to help you set and reach your diabetes management goals for up to 6 months.\***

Your coach will provide:

- ✓ Product support
- ✓ Answers to your diabetes questions
- ✓ Tips and reminders
- ✓ Motivation and support to overcome setbacks
- ✓ Educational fact sheets and activities

**Based on your needs and schedule, your Diabetes Health Coach will:**



Call you each week at a time that works for you



Send helpful emails and videos



Exchange two-way text messages



Roughly **8** out of **10** people found education and support services **helpful**

## Support Line

**Call a Diabetes Health Coach to answer questions when you have them. They can also provide support on certain Novo Nordisk products.**



*“Seeing my progress has given me more confidence that I can reach my goals through daily healthy habits!”*

— DHC Program Member

*“I’ve worked hard making small adjustments toward my goal. I’m actually looking forward to my next doctor appointment!”*



— DHC Program Member

**Start now!**  
**Connect with your Diabetes Health Coach on the same day you sign up.\***

**Diabetes Health Coach**  
powered by **Cornerstones4Care**<sup>®</sup>

**Sign up today for free support!**



**Online:**

Visit **Cornerstones4Care.com** or **espanol.Cornerstones4Care.com** and select “Sign Up Now for More”

Or, **scan this code** with a smartphone or tablet



**By phone:**

Call **1-877-322-0281** (option 2 for Spanish) Monday to Friday from 9:00 AM to 6:00 PM EST



**Scan me!**

\*Some features are for people starting certain Novo Nordisk products.

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