

## Diabetes Health Coach powered by Cornerstones 4 Care®

**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.



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

— DHC Program Member

66 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 **Cornerstones 4Care**\*

Sign up today for free support!



Online:

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



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

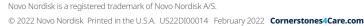
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<sup>\*</sup>Some features are for people starting certain Novo Nordisk products.