

Success Story



Meet Jerry

Jerry lives a very hectic life but didn't take time to care for himself and his diabetes became out of control. When meeting with his primary care provider, Jerry was encouraged to work on his health and get his diabetes back on track.

Jerry and his health coach collaborated to develop goals that addressed his hectic lifestyle and get him to take charge of his health.

Care Plan/Goals

Jerry and his coach developed the following goals:

- Decrease his A1c
- Decrease his blood pressure
- Lose weight

Action Items

His coach assigned the following action items:

- Increasing daily activity goals gradually
- Replacing high sugar snacks with healthy options
- Weekly Meal Planning for at work meals
- Checking BP twice/week

PROGRAM OUTCOMES FOR JERRY



Compliance with evidence-base guidelines for diabetes



Lost 20 lbs



Blood pressure reduced by 10 points



A1c dropped from 10.5% to 6.9%



“I am so glad I had the help of my health coach to set goals and get me on the right track with a care plan tailored to me and my hectic lifestyle. I feel great!”