



Telligen Care Connections

member success stories

From High Risk to Heart Smart

Member At-Risk Coaching

Pressure Points

At my annual physical my blood pressure was 138/84. My blood sugar was high (pre-diabetic), my cholesterol was elevated. These markers had been going up every year.

Breaking the Cycle

I decided to do something about this increase in bad markers in my annual exam. It had been going up for the last 2-3 years and common sense just told me that it would continue to go up if I did not intervene with some serious improvements to my health. It's hard to research this yourself since the Internet can be known to throw a lot of misinformation out there, so I decided to reach out to an expert nutritionist at Telligen.

It has been very enlightening. I am getting some solid answers to my questions on nutrition. Justin has been very helpful providing me with articles and info on cholesterol among other things. The one on one coaching is extremely helpful since I get my questions answered and I have a lot of them! The consistency of meeting with Justin has also provided me with accountability. I know I am meeting with him and it helps me stay on track. Plus I can write down my questions for the next meeting and get them answered rather than searching on the Internet.

From Crisis to Control

This is the amazing part. My blood pressure has fallen (I received the free blood pressure monitor from my health insurance). I started out in the 130s and am now consistently in the 110-119 range for the top number (every now and then I sneak into the low 120s). My bottom number is between 70 and 80 and sometimes as high as 84. It is slowly coming down, but I'd like to be below 80. I was totally surprised that my body responded to these lifestyle changes so easily.

“Anyone can do an online diet and exercise thing but that doesn't mean you are getting accurate information. I know Telligen is a better product and I trust my coach giving me the right answers and guidance.”

Beyond the Numbers

I feel better than I have felt in a long time and am actually optimistic I can reach an old age in good health. The fact that you get a one-on-one coach is so important. Justin is very good at what he does and he has helped answer so many of my questions plus the fact that we meet on a timely consistent basis has helped me remain accountable.



Learn how Telligen can help your members improve their health