



WANT TO GET THE MOST FROM YOUR LIFE, IN SPITE OF YOUR DIABETES?

Crazy as it sounds, diabetes can become your friend. This 9-week program will transform the way you manage diabetes, both physically and emotionally.

*"I did the program because my spouse has been diagnosed.
Excellent information!!!"*



Online Lifestyle Interventions

powered by
engagement Rx

The LivingWell™ Diabetes Management Program

A diabetes diagnosis can be a shock, and managing it can feel like a mounting burden.

If you've been living with it for a while, you might feel rundown, exhausted, perhaps even resentful...

But don't worry. LivingWell will transform the way you manage diabetes, both physically and emotionally.

How it works

With the right training, diabetes can become your guide to the healthy, happy life you deserve. When you take LivingWell, you will:



SEE DIABETES IN A NEW LIGHT

LivingWell will teach you how to change your thinking so that you are empowered in managing your diabetes and in life as a whole.



GET EDUCATED AND ORGANIZED

Get the knowledge and the organizational skills that are the foundation for effective diabetes management, and bolster your feelings of confidence.



TAKE CONTROL

Meet your health goals, meet your life goals, and be in charge!

Here's the main point: Once you complete LivingWell, you will be amazed at the new sense of power, freedom and serenity you have in your life.

The Details

LivingWell consists of 9 online video-based sessions taught by a leading Certified Diabetes Educator, each split into short segments. Log on privately and conveniently, 24/7, via internet-enabled PC, tablet, or smartphone. The first time you log you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments.

Useful checklists and trackers will help you stay organized and monitor your progress. You will also have access to the Daily D's - short educational audios about the practical elements of diabetes and its management.

To register, visit your wellness portal