

“I love helping members lighten their load, so they can reach their health goals.”

– Emily, RN, PHN, CCM, Personal Health Support Nurse

What is Personal Health Support for Diabetes?

Between doctor visits and keeping your blood sugar on target, living with diabetes can be a lot to handle. Personal Health Support is here to help you take control of your health, so it doesn't control you. During the program, you can connect with a registered nurse over the phone and from an online personal dashboard.

The best part?

It's all offered at no additional cost, as part of your health benefits.

Features to look forward to:



Ask an experienced nurse questions and get answers through private messaging.



Build a plan with a nurse to help you reach your health goals.



Connect your health devices to track your progress, and share your numbers with a nurse.

Please note, these digital services are only available to members who qualify.



Get started at



Personal Health Support for Diabetes
800-387-7508



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