

Your questions answered:

Q. My doctor is already taking good care of me. Why do I need The COACH Program®?

A. Our coaches work with your doctor's advice. The education enhances your follow-up care and helps you to meet and maintain your risk factor targets.

Q. I already see another health service in regards to my diabetes care. Is this the same thing?

A. No. The COACH Program® complements other education services you receive as it runs over 6 months and is a longer term approach to understanding your diabetes management.

Testimonials:

Here are some thoughts from previous participants of The COACH Program®

- Very good program! 10/10.
- The information was valuable and knowledge of the coach was very good.
- It was great to know that there are people out there willing to help us get on track.
- I think the program is excellent.
- My coach was professional but friendly.
- I felt that the range of topics was comprehensive and I could raise any topics with her
- I found the program, as a whole, valuable.

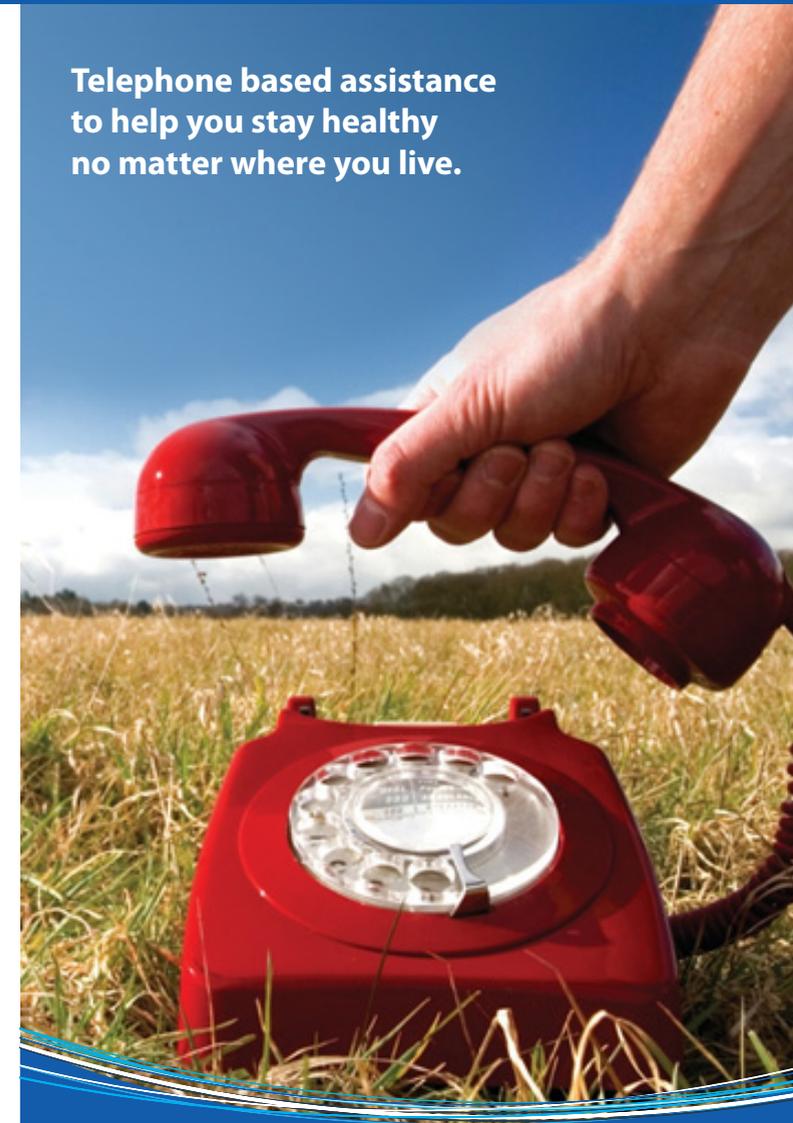


The COACH Program® is delivered to you by Diabetes Tasmania and the Tasmanian Department of Health and Human Services.



Department of Health and Human Services

Telephone based assistance to help you stay healthy no matter where you live.



What is the COACH Program®?

The COACH Program® provided by Diabetes Tasmania, is a free telephone coaching service for people at risk of or diagnosed with type 2 diabetes.

It provides people with the opportunity to work with a coach (health professional) to understand, manage and improve their health in particular around the risk factors associated with diabetes and its complications.

For example nutrition, physical activity, weight, blood glucose levels, blood pressure and cholesterol.

How does it work?

Support is provided over the phone once a month for approximately 6 months. Appointments are made for a day and at a time that is convenient for you. After-hours appointments are available.

Who can join The COACH Program®?

Anyone in Tasmania over the age of 18 who has type 2 diabetes, pre-diabetes or is at risk of developing diabetes can sign up to the program.

Why should I join?

There are many benefits available from joining The COACH Program®:

- It's free.
- The sessions run at a time that suits you.
- Every session is personalised to your specific needs.
- As all sessions are held over the phone, you do not need to travel to see your coach.
- The COACH Program® health professionals help you to work together with your usual doctor and other health professionals to assist you to meet your health goals no matter where you live.

How do I join?

- Call 1300 136 588 to register your interest.
- Sign the consent form that will be posted to you and return it to us in the reply paid envelope.
- Book an appointment to start the first coaching session.

