

“ This is a great program; this program really works. Let me tell this story! It needs to be told. **I was a person who resisted this program and you really helped put me on track** and bring more awareness! ”



## BENJAMIN DONERSON, AGE 66

Having a Nurse Care Advocate guide me in goals and suggest small steps that turned out to give me bigger results was key. The contact, relationship, education and positive reinforcement from Maribel was a big contributor. Also, her pointing out to me about being patient and knowing it was going to take time to feel better and just keep going and be consistent in my changes.

### Do you have any advice for someone who has health and lifestyle challenges?

Yes, I would tell them to use the My Health/My Choice Program and whatever physical issues you have - you can deal with it with a good Nurse Care Advocate to support you. That makes it so much easier. **Most importantly though I would say no matter what – participate in this program.**



Through **Maribel's encouragement and advice**, I started reading labels, cutting down on portions and being more aware of salt and sodium in my diet. I was thankful for the idea of juicing and have been juicing fruits and vegetables in the morning daily. I feel better. I am energized, have increased exercise and enjoy biking!



### Do you have any other health goals?

I am working on improving my cholesterol. Maribel sent cholesterol education information to me to work towards and achieve this goal. I have cut back on meat, have increased fruits and vegetables. **I am planning to continue to take steps and reduce it over time.**



**Starting Pant Size Weight: 36**  
**Current Pant Size: 34**

**Starting Blood Pressure: 140+/90+**  
**Current Blood Pressure: 120/70**

**Eye Drops: 1 drop daily in affected eye(s)**  
**Eye Drops: none**