

"Every time I am in the program - I learn something new and improve my health. My Nurse Health Advocate taught me about adjusting my carb count, factoring the fiber. It helped me better manage my insulin dose and reduce my A1c."



## MIKE DICKINSON, AGE 57

**Starting A1c:** 7.8%

**Current A1c:** 6.7%

Nurse Health Advocate, Kathy called Mike for the **My Health/My Choices Program** and reviewed his health history. He was diagnosed with diabetes at age 11 and his last A1c level was 7.8%. Although he said that his Doctor was comfortable with that, both Kathy and Mike wanted to get it a little lower.

Mike lived almost 47 years with diabetes, but because of listening to his doctors and participating in the **My Health/My Choices Program** - it helped him be mindful and manage his condition, so it doesn't manage him. The **My Health/My Choices Program** reinforces how to avoid complications.



Michael indicated that the Nurse Health Advocates are **"helpful, knowledgeable nice, and supportive."** They are part of your medical team and follow up on results from doctor and specialist visits. They focused on my whole health including stress, mental health, sleep, family dynamics and also the impact of COVID-19. The program is valuable and **I wanted to share my story to encourage others to participate to improve their health.**



**Do you have any advice for someone who has some health conditions or challenges?** Yes, I would tell them to use the **My Health/My Choices Program**. Whatever physical issues you have - you can deal with it with a good Nurse Health Advocate to support you along with your doctors.