MedEmpower FUEL™
Powered by NationsNutrition®

Maryland
DEPARTMENT OF BUDGET AND MANAGEMENT

SAY HELLO TO MEDEMPOWER FUEL™ DIABETES MANAGEMENT!

Improving your health just got easier.

Small changes, big results!

MedEmpower Fuel Diabetes Management provides eligible members with diabetes coaching and digital tools as part of your health benefits. The program is offered at no cost to you.

MedEmpower Fuel Diabetes Management can help you:

- Learn about the relationship between food, activity, and diabetes
- Lower blood sugar and A1C
- Understand how nutrition, exercise, and stress impact diabetes
- Discover how to eat to improve blood sugar, lower risks, and feel better

Start with the foods you like. Set bite-sized goals. Improve your health and feel good! Check in with your coach by phone and online at times best for you.

Sign up and get:

- Your own certified diabetes care and education specialist coach through our trusted partner, NationsNutrition
- An app that tracks meal choices and nutrients, suggests the best foods for you, and connects you with your coach

To register:

Call **1-800-557-4439** or

visit **stateofmaryland.nationsbenefits.com/nutrition**

medimpact.com

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