

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:

- Use tools to help you lower blood sugar and A1C
- Understand how nutrition, exercise, and stress education 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 Good Measures
- An app that suggests best foods for you

To register:

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

visit stateofmaryland.nationsbenefits.com/nutrition