



# We Want YOU!

## The Cincinnati Retirement System Diabetes and Heart Healthy Coaching Program

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The Diabetes and Heart Healthy Coaching Program provides incentives to City of Cincinnati Retirees and their adult dependents with a diagnosis of diabetes and/or high blood pressure/high cholesterol. Participants meet with experienced Kroger Health pharmacists and dietitians on a regular basis to improve health conditions, promote healthy lifestyles, and minimize life-long complications.

<b>Financial Benefits</b>	<p><b>Most Medications</b> used for the treatment of <b>diabetes, high blood pressure, and high cholesterol</b> are covered at <b>NO CHARGE*</b> (*subject to formulary change)</p> <ul style="list-style-type: none"> <li>This includes blood sugar testing supplies and continuous glucose monitors</li> </ul>
<b>Health Benefits</b>	<ul style="list-style-type: none"> <li>Improved blood sugar and A1C</li> <li>Improved blood pressure</li> <li>Improved LDL, or bad cholesterol</li> <li>Receive appropriate vaccines</li> <li>One-on-one meetings with a trained pharmacist <b>to answer your questions, increase convenience, maintain safety, and maximize the effectiveness</b> of your medications</li> </ul>
<b>Convenient Locations</b>	<ul style="list-style-type: none"> <li>There are currently <b>FIVE</b> established coaching sites across the Cincinnati area!</li> <li>Western Hills, Oakley, Anderson, Northgate (Colerain), and Mariemont... which pharmacy is most convenient for YOU? Let's chat!</li> </ul>
<b>Dietitian Services</b>	<p>Each participant is eligible to receive <b>*3* FREE Dietitian appointments PER YEAR!</b></p> <p>Dietitian services include:</p> <ul style="list-style-type: none"> <li>Healthy alternatives, delicious recipes, and meal/snack ideas that fit your schedule/budget</li> <li>Nutrition counseling and personalized recommendations tailored to medical conditions</li> <li>Guidance on nutritious foods to add to your grocery list</li> <li>Advice on how to navigate the grocery store</li> </ul>
<b>Program Requirements</b>	<ol style="list-style-type: none"> <li>Meet with a Kroger Health pharmacist in-person OR by telephone             <ol style="list-style-type: none"> <li>Regular Attendance – meet with a Kroger Health pharmacist up to once a month</li> <li>New patients – frequency is dependent on health conditions</li> <li>Existing patients with stable health conditions – at least once per calendar year</li> </ol> </li> <li>Open mind and positive attitude to improve YOUR health!</li> </ol>

**To join a program or for more information/questions, please contact your friendly Kroger Health pharmacist by email or phone TODAY!**