

City of Cincinnati

Diabetes and Heart Healthy Coaching Program

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

Financial Benefits	<p>Most Medications used for the treatment of <u>diabetes, high blood pressure, and high cholesterol</u> are covered at <u>NO CHARGE</u>. <i>(subject to formulary change)</i></p> <ul style="list-style-type: none"> This includes blood sugar testing supplies and continuous glucose monitors.
Health Benefits	<ul style="list-style-type: none"> Improved blood sugar and A1C Improved blood pressure Improved LDL, or bad cholesterol Receive appropriate vaccines One-on-one meetings with a trained pharmacist to answer your questions, increase convenience, maintain safety, and maximize the effectiveness of your medications
Dietitian Services	<p>Each participant is eligible to receive 3 free dietitian appointments per year. Dietitian services include:</p> <ul style="list-style-type: none"> Healthy alternatives, delicious recipes, and meal ideas that fit your schedule Nutrition counseling and personalized recommendations tailored to medical conditions Guidance on nutritious foods to add to your grocery list Advice on how to navigate the grocery store
Program Requirements	<ol style="list-style-type: none"> Meet with a Kroger Health pharmacist in-person or by telephone <ol style="list-style-type: none"> Regular Attendance – meet with a Kroger Health pharmacist up to once a month New patients – frequency is dependent on health conditions Existing patients with stable health conditions – at least once a year Good attitude to improve YOUR health!

For more information or questions, contact your friendly Kroger Health pharmacist by email or phone!

