



Diabetes Prevention Education



About the Education

If you are an AultCare member and at risk for developing diabetes, AultCare's diabetes prevention education is available to you at no additional cost.

In this program, an AultCare registered nurse can provide you with the guidance and resources you need to lower your risk for developing diabetes. The nurse will provide coaching, support, and answer any questions you have regarding your condition. Educational materials are sent to your home and will help guide you on healthy eating and exercise, as well as help you understand factors that trigger unhealthy habits.

During the first six months of the program, the nurse will help you focus on healthy eating habits to decrease your weight/body mass index by 5-7% and encourage participation in an exercise program with your physician's approval. During the next six months, the nurse will provide education to help maintain weight loss and motivation.



Professional Support

In this program, you are assigned a registered nurse who will provide support in monitoring your risk for developing diabetes. Your nurse can answer questions you have regarding your condition.



Quantifiable Goals

A nurse will provide you with healthy eating and exercise goals to better manage your risk for developing diabetes.



Educational Materials and Resources

We have educational materials and resources available to provide you with the information you need for quality care.



Learn More

If you are interested in this program, please contact us and ask to speak with a nurse about our diabetes prevention education.

Contact Us

330-363-6360 or 1-800-344-8858

www.aultcare.com

If you, or someone you are helping, have questions about AultCare/Aultra you have the right to get help and information in your language at no cost. To speak with an interpreter, call Local: 330-363-6360 Outside Stark County: 1-800-344-8858 TTY Local: 330-363-2393 Outside Stark County: 1-866-633-4752

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca AultCare/Aultra tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al Local: 330-363-6360 Fuera del condado de Stark: 1-800-344-8858 TTY Local: 330-363-2393 Fuera del condado de Stark: 1-866-633-4752

如果您，或是您正在協助的對象，有關於AultCare/Aultra保險公司 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 本地：330-363-6360 斯塔克縣外：1-800-344-8858 TTY線本地：330-363-2393 斯塔克縣外：1-866-633-4752

AultCare/Aultra complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.