



Virtual health support in real time, with real people

Rally Coach Living with Diabetes

For people with type 2 diabetes, there's a new way to get support, information and encouragement. With the Rally Coach™ **Living with Diabetes** 8-week program, you can connect with others online to learn strategies for living with diabetes, making lifestyle changes and planning for the unexpected. Each weekly session is led by a registered nurse trained in diabetes management.



Join weekly small-group virtual sessions led by a registered nurse specializing in diabetes. No video or camera connections are required.



Get encouragement and motivation boosters to help you stay on track.



Connect with others and learn from their experiences in a privacy-protected setting.



Access online tools to help manage diabetes, change habits and improve health.

\$0

No additional cost

Rally Coach Living with Diabetes is available at no additional cost as part of your health plan



To register, visit rallyhealth.com/LWD
Follow the prompts on the Rally Coach Living with Diabetes program page to see if you qualify

Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. Program available at no additional cost to those who qualify for the program and are enrolled in an applicable UnitedHealthcare health plan.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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