

Your questions answered:

Q. My doctor is already taking good care of me. Why do I need The COACH Program®?

A. Our coaches work with your doctor's advice and support to help you make long-term lifestyle changes to stay healthy.

Q. I already see another health professional about my diabetes care. Is this the same thing?

A. No. The COACH Program® complements other health education services you may receive as it runs over 6 months and is a longer term approach to understanding and improving your lifestyle and diabetes management.

Testimonials:

Here are some thoughts from previous participants of The COACH Program®:

- "There was a lot of info about food and diabetes that I wasn't aware of - my coach was brilliant!"
- "I'm more aware of what needs to be done to keep my diabetes on track."
- "The COACH Program® gave me access to a dietitian to ask the questions I was interested in."
- "The COACH Program® made me feel more calm and comfortable with diabetes - knowing I can manage it."
- "I enjoyed talking to someone who cares about my wellbeing and health."

Diabetes Tasmania is your local health charity supporting Tasmanians affected by all types of diabetes and those at risk. We work with our community to prevent and reduce the impact of diabetes.



The COACH Program® is delivered to you by Diabetes Tasmania and Public Health Services, Department of Health.



Live Well. Be Healthy.



Tasmania
Explore the possibilities

Department of Health

Call us

6215 9000 (Hobart)

6333 0233 (Launceston)

Level 7, 152 Macquarie Street, Hobart TAS 7000

64 Cameron Street, Launceston TAS 7250

mail@diabetestas.org.au

diabetestas.org.au

facebook.com/DiabetesTasmania

twitter.com/diabetestas

Telephone health coaching for type 2 diabetes and those at risk

Telephone based assistance
to help you stay healthy
no matter where you live.



THE COACH PROGRAM®
ACHIEVING YOUR RISK FACTOR TARGETS



diabetes
tasmania

Do you need support and advice to manage or help prevent type 2 diabetes?

Join Diabetes Tasmania's free telephone coaching program now and become actively involved in looking after your own health

What is The COACH Program®?

The COACH program® is an evidence-based, award-winning coaching prevention program for people with chronic disease or at high risk of chronic disease.

Offered by Diabetes Tasmania, The COACH Program® is a free service available to people over the age of 18, who have:

- type 2 diabetes
- pre-diabetes
- a high risk of diabetes

The COACH program® is a structured telephone health coaching program. Working with a trained health coach, you will learn to understand, manage and improve your risk factors for diabetes including:

- blood glucose levels
- cholesterol
- blood pressure
- eating habits
- physical activity
- weight
- smoking and alcohol intake

How does it work?

Your coach will call you once a month for about six months.

During the call you will talk about:

- how your health is at the moment
- what you can do to help manage or prevent type 2 diabetes
- working together to set goals to help you make positive lifestyle changes

After each session your coach will:

- send you a summary of what you've spoken about and the goals you've set during the call
- check in with you four weeks later to see how you're working towards your goals

Why should I join?

There are many benefits to joining The COACH Program®.

- it will help you improve your health
- it will reduce the need for admission to hospital
- it's free
- all sessions are held over the phone so there's no need to travel
- the sessions run at a time that suit you
- every session is personalised to your needs.

The COACH Program® health coach will help you to work together with your usual doctor and other health professionals to meet your health goals no matter where you live.

How do I join? It's easy!

- simply complete The COACH Program® consent form online at diabetestas.org.au/telephone-health-coaching
- we will then call you to book your first telephone health coaching session
- **or** call us on one of the numbers below



If you would like more information about The COACH Program® at Diabetes Tasmania call us on

6215 9000 - Hobart
6333 0233 - Launceston

diabetestas.org.au