



"I attribute my success to my Diabetes Educator! I felt a real connection with her immediately and she showed me she truly cared about my health and me. My diabetes educator listened to what I was saying and worked with me to adjust my medication. Before long, I was feeling better, more rested, clear-headed and physically stronger. The TDES[®] program and my diabetes educator changed my life!"

- Debra Palmer
Waldo CAP
TDES[®] Program Graduate



"A great program for people with diabetes –no matter how long you have had diabetes."

- Nicky Clark
TDES[®] Program Graduate



"Thanks to enrolling in TDES[®], I have better eating habits. My A1C was 11; it now ranges between 7.3 - 8.0."

- Reginald Winslow
Ellsworth Water Department
MMEHT Member
TDES[®] Program Graduate



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A Program Presented by



www.mcdph.org

In Partnership with



Maine Municipal
Employees Health Trust

www.mmeht.org



**Do You Have Diabetes
or Prediabetes?**

**Do You Want to
Save Money?**



Maine Municipal
Employees Health Trust

TDES[®]

Telephonic Diabetes Education & Support[®] Program

- **12 month program** with up-to-date diabetes information along with customized support to help you manage your diabetes
- **Monthly telephone calls** at your convenience
- **Individualized services** provided by experienced and certified professional diabetes educators

TDES^{2!}

Telephonic Diabetes Education & Support[®] to the *Second POWER!*

- **Follow-up program** for TDES[®] graduates
- **Focus on self-management** of your diabetes to include further education, goal setting and life style changes
- **4 to 6 scheduled calls** over the course of one year

TDES^{2!} Continues

Graduates of the *TDES^{2!}* program may continue self-management diabetes education with 4 to 6 calls over one additional year.

FREQUENTLY ASKED QUESTIONS

How do I save money?

As long as you are active in a TDES[®] program, you will receive a 12 month waiver of pharmacy copays for:

- test strips (blood and/or ketones)
- lancets
- medications (pills and/or insulin)
- insulin syringes/pen needles

Note: Insulin pump supplies are not included

How do I improve my health?

- Learn how to self-manage your diabetes
- Learn how food can affect your blood sugar
- Understand your medication and how it works

Maine Municipal Employees Health Trust invests in their members

This program is covered for employees, retirees and adult family members 18 years of age or older; those with prediabetes, type 1 or type 2; and those not previously enrolled in TDES[®].

Note: You may only enroll in TDES[®] once. After you have completed the TDES[®] program you may be eligible for additional education via *TDES^{2!}* and *TDES^{2!} Continues*. Please contact us for more information.

It's easy to sign up!

Online:

Visit www.tdes.me and select "Click Here To Apply"

By Mail:

Go to www.tdes.me and print the forms to complete, or contact TDES[®] Project Coordinator for an application. Mail your completed application to:

TDES[®] Project Coordinator

MCD Public Health

11 Parkwood Drive, Augusta, ME 04330

For more information contact:

TDES[®] Project Coordinator

tdes@mcdph.org

207.622.7566 ext. 252



"I started because of the pharmacy (copayment waiver) benefit but I continued thanks to monthly contact with my educator helping me to succeed in controlling my diabetes."

– MMEHT Member & TDES[®] Graduate