

Control Your Diabetes

Join the **HealthyConnections Diabetes Program**
to get the information and support you need
to take charge of your health!

Complete the program and receive FREE diabetes
medication and supplies – no copays!

How To Sign Up:

STEP 1

Register for the free **Seton Diabetes Education Class** by calling **512-324-1891** (choose Option 2).
Take the class at a City worksite or at Seton.
(You must be in a City medical plan and live in the Austin area.)



STEP 2

After completing the Seton class, enroll in an *ongoing* diabetes control program where you meet with a Randalls pharmacist four times a year. The pharmacist helps you monitor your medication and blood pressure, and provides information on healthy nutrition.

By participating in the program, you get:

- **Support to successfully manage your diabetes.**
- **Diabetes medication and supplies covered at 100% - No Copay!**

If you have questions,
call 512-974-3284 and
ask to speak with a
Wellness Consultant.



Email:
HealthyConnections@austintexas.gov