



*"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.mcd.org

In Partnership with



www.mmeht.org



**Do You Have Diabetes  
or Prediabetes?  
Do You Want to  
Save Money?**



## TDES<sup>®</sup>

### Telephonic Diabetes Education & Support<sup>®</sup> 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<sup>2!</sup>

### Telephonic Diabetes Education & Support<sup>®</sup> to the *Second POWER!*

- **Follow-up program** for TDES<sup>®</sup> 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<sup>2!</sup> Continues

Graduates of the *TDES<sup>2!</sup>* 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<sup>®</sup> 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<sup>®</sup>.

**Note:** You may only enroll in TDES<sup>®</sup> once. After you have completed the TDES<sup>®</sup> program you may be eligible for additional education via *TDES<sup>2!</sup>* and *TDES<sup>2!</sup> Continues*. Please contact us for more information.

### It's easy to sign up!

#### Online:

Visit [www.tdes.me](http://www.tdes.me) and select "Click Here To Apply"

#### By Mail:

Go to [www.tdes.me](http://www.tdes.me) and print the forms to complete, or contact TDES<sup>®</sup> Project Coordinator for an application. Mail your completed application to:

#### TDES<sup>®</sup> Project Coordinator

MCD Global Health

107 Second St., Suite 2A, Hallowell, ME 04347

### For more information contact:

#### TDES<sup>®</sup> Project Coordinator

[tdes@mcd.org](mailto:tdes@mcd.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<sup>®</sup> Graduate