

Sponsored by  Maine Municipal Employees Health Trust

“Not having the stress  
of co-pays was a huge  
relief.”

*-Ty (TDES Participant)*

Diabetes can be an expensive  
disease to manage—  
TDES can help!

Participants in this free 12-month program  
will have their COPAYS WAIVED for eligible  
prescribed diabetes medication and supplies!

If you are a MMEHT member and have been diagnosed with  
pre-diabetes or diabetes, this is your opportunity to take control!

**IT'S EASY, IT'S FREE AND IT'S ALL ABOUT YOU!**

To enroll, contact the TDES<sup>®</sup> Project Coordinator  
at 207-622-7566 ext. 252 or email [tdes@mcdph.org](mailto:tdes@mcdph.org).  
More information and an application form can also be  
obtained on the Health Trust website at [www.mmeht.org](http://www.mmeht.org).

# TDES

Telephonic Diabetes Education and Support  
207-622-7566, ext. 252

