

"I no longer feel like this disease is my fault...I am not alone anymore."



"Very convenient compared to an office visit..."

Personal Support for people with diabetes...

TDES[®] — Telephonic Diabetes Education & Support[®] Program

- 12 month program with Maine Educators
- Monthly telephone calls following the first in-person enrollment visit
- Copays waived for diabetes Meds/Supplies

TDES[®] to the Second POWER!

- Follow-up program for TDES[®] "Grads"
- Schedule 4 to 6 calls up to one year
- Copays waived for diabetes Meds/Supplies

A Program Presented By
MCD Public Health
in Partnership with

Maine Municipal Employees Health Trust



Do You Want to Save Money?

Do You Have Diabetes or Prediabetes?

Join TDES[®]

Telephonic Diabetes Education & Support[®]



How do I save money?

Waiver for 12 months pharmacy copayments as long as you are active in TDES®!

- Blood sugar and urine test strips and lancets
- Oral medications that lower blood sugar, insulin, and insulin syringes

How do I improve my health?

Learn how to manage your diabetes all year long

- Choose from diabetes education programs throughout Maine
- 12 monthly appointments, first one in person, the rest by phone



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

Maine Municipal Employees Health Trust:

- Employees, early retirees, and adult family members
- Being treated for diabetes (Type 1, Type 2) or prediabetes
- 18 years of age and older
- Not on Medicare
- 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 TDES²! Please contact us for details.

“I feel more confident to ask questions and know there are answers to help...”

How do I sign up?

It is easy:

Online:

www.tdes.me

Select “Click Here To Apply”

Fax:

Download forms and directions

www.tdes.me

U.S. Mail:

TDES® Project Coordinator

MCD Public Health

11 Parkwood Drive, Augusta, ME 04330

For more information, contact:

TDES® Project Coordinator:

tdes@mcdph.org or 207.622.7566 ext 252

