

Motivation Member Case Study

a journey to better health

What is a participant's experience like in the **Motivation** Diabetes disease management program? Let's follow "Jane" through the Nurtur[®] 6-step member pathway.

"Before joining the program, I didn't want to think about my diabetes. I knew it was there but I felt I had no control over it. My Health Coach was very patient and kind. She reassured me that I didn't need to be afraid of my condition.

"With Jennifer's help, I realized how making better choices about diet, exercise and stress can lead to positive life changes. There was never a case of, 'I can't help you.' I now view myself as someone who is making conscious health decisions and doing what is best for me."

Linda, CA

Take flight with Nurtur.
 Call us today at
 800 293 0056 or email
marketing@nurturhealth.com
 for more information.

Step 1 Communications	On the bulletin board at work, Jane reads a poster about a free new health program. She was diagnosed with diabetes last year and wonders if the program could help her.
Step 2 Identification	At home, Jane receives a letter in the mail about the program. It comes on the same day as an invitation to a friend's wedding. The letter tells her to expect a call from a Health Coach.
Step 3 Conversation	When the Health Coach calls, Jane is ready to learn more. They talk about her health and her life. Jane is matched with Jennifer, a Certified Diabetes Educator who can help Jane manage her condition.
Step 4 Assessment	At a scheduled time, Jennifer calls Jane and they talk about her diabetes and her health goals. Jane is surprised at how comfortable the conversation is and opens up to tell Jennifer about her fear of needles. They end the call with a commitment to make a plan and have regular phone conversations.
Step 5 Health coaching	Over the next few months, Jennifer talks to Jane about everything – from what her blood glucose numbers mean to her anxiety about losing weight before her friend's wedding. Jennifer really listens to make Jane feel heard. In turn, Jane's confidence grows and she commits to making progress toward her goals.
Step 6 Self-advocacy	Fast forward two years – Jane is a different person. She's lost 40 pounds and is in control of her diabetes. She is more confident and happier than she has ever been. Her husband is so proud of her accomplishments, especially her new promotion at work.