

# Take Control of Your Health Through Coaching

## RESOURCE ROADMAP | FOR COVERED MEMBERS OF THE MCUL TRUST

**Members of the Trust have access to free health coaching through Take Control.**

### What is Take Control?

Take Control is a Montana-based health care company that provides health coaching sessions to reduce risks associated with:

- Diabetes and pre-diabetes
- High blood pressure and pre-high blood pressure
- High cholesterol
- Weight management
- Pregnancy & maternal health

**All health plan members who completed your It Starts With Me biometric screenings this past year can confidentially discuss your results with a Take Control health coach professional.**

The health coaches at Take Control teach you how to create a healthy lifestyle and “take control” of your health and wellness. The coaching is confidential, comprehensive, and is delivered via monthly telephone meetings in the location of your convenience.

Coaches work individually with you for one year, to achieve goals that you set for yourself. Each person has unique needs, and Take Control

customizes their program for each individual. This program design creates long-term, permanent health improvement.

### Who is eligible?

Employees, spouses, and dependent children (over the age of 18) covered by the health insurance plan are eligible for health coaching with Take Control, if they meet any of the following criteria:

- Diabetes A1c of 7% or higher, and adults over the age of 18
- Pre-diabetes A1c of 5.7% to 6.4%
- Body Mass Index (BMI) of 26 or higher
- Blood pressure of systolic (top number) 130 or higher, or diastolic (bottom number) 80 or higher
- Pre-high blood pressure of systolic (top number) 120-129, or diastolic (bottom number) higher than 80
- Cholesterol total 240 or higher
- LDL cholesterol of 130 or higher
- Triglycerides of 200 or higher



## ENROLLMENT

You can enroll online at [takecontrolmt.com](http://takecontrolmt.com)

OR Call **800.746.2970 Ext. 1**

And speak with Erin Falagan.

For more information about Take Control, visit their website:

<http://takecontrolmt.com/>