



VEZAHEALTH DIABETIC HEALTH PROGRAM

**Free to plan participants*



Physician Guided Diabetes Management

- ✓ Direct access to a team of lifestyle-focused Endocrinologists
- ✓ Virtual visits with a team of board certified Endocrinologists, RN's, and a Health Coach
- ✓ Learn how to manage diabetes and live a healthy lifestyle



Health and Nutrition Coaching

- ✓ Health Coaching
- ✓ Nutrition Deep Dive
- ✓ Movement & Fitness
- ✓ Creating Healthy Habits
- ✓ Balancing Blood Sugars
- ✓ Meal Prepping

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*Diabetic management includes type 1 diabetes, type 2 diabetes, and insulin resistance