



MISSION CONTROL BLAST OFF

AN INDIVIDUALIZED WEIGHT LOSS PROGRAM
FOR MEMBERS WITH DIABETES

If you have diabetes, you are eligible to participate in **MISSION CONTROL BLAST OFF**, an individualized weight loss program designed specifically to address the special health needs and concerns of people with diabetes.

Together we will design a plan according to how sensitive your blood sugar is to food, what kind of medication you take, and how specific or easy you want your weight loss plan to be. Your nutrition plan will fit in with your schedule, your lifestyle and your food preferences. You can still enjoy the foods you love, dining out with friends, and your cultural traditions.

An optional app (no cost) can be used with your smartphone which delivers daily meal plans and recipes to make things easier and more delicious!

- Open to all adult YourChoice members with diabetes.
- Can be used as a Qualifying choice for those with a 2018 Qualifying A1C of 7.1 - 8.9.
- 12 sessions required if used as Qualifying choice.

Contact Florey Miller with questions or to get started.



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