

# Make it happen *with GoStrong.*

We call *GoStrong* a “diabetes engagement” program because it gives you the tools and motivation to actually get after it. You join a community of people facing the same issues, where you can begin your journey to better health and diabetes management. With the help of program peers and coaches, you’ll have the motivation and guidance you need to lose weight, keep your blood sugar in check, reduce your cholesterol levels, and much more – just like other *GoStrong* members!



## Here’s what makes *GoStrong* work:

### Eat



#### Eating & Nutrition Guidance

We all know that eating better is a big factor in managing diabetes – but it’s so much easier said than done! Your coaches and peers will help you get real about your current eating habits and develop a plan for improving nutrition. And most importantly, every element of *GoStrong* is intended to help you stick to your plan.

### Move



#### Fitness Sessions

*GoStrong* gets you moving, through both individual and guided sessions. You visit the center twice a week to do whatever physical activity is comfortable. Twice a month, a coach will personally guide you through a session to review your progress and make a plan for increasing your activity level without going overboard.

### Share



#### Lifestyle Labs

These group meetings give you the chance to talk with fellow program participants and make lasting friendships. By sharing each other’s life stories, tips for success, and support – and a little friendly nudging – managing diabetes can get easier. During the labs, coaches cover specific educational topics in a fun, relaxed environment, where you can learn and share.

### Track



#### Coach Check-ins

You make regular visits to the *GoStrong* center, and during each visit you check in with a coach, who reviews your weight, eating habits, physical activity, medication, health indicators (like blood sugar levels), and your mood. Your information is entered and tracked in the *GoStrong* coaching web application so you can track and see your progress.

### **Enhanced Benefits**

When you participate in *GoStrong*, you receive the following enhanced benefits under the City of Savannah Employee Benefit plan:

- **FREE gym membership during the program**
- **FREE personal training**
- **FREE blood tests (A1c and cholesterol)**
- **FREE test strips and testing supplies**
- **FREE diabetes counseling with a registered dietitian or nurse**
- **\$0 co-pay for Tier 1 medications, 50% co-pay for Tier 2 medications**
- **FREE diabetes foot exam and dilated eye exam**

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You can contact the Go Strong Coordinator at 912.819.8828 with any questions or concerns.

	Step 1	Step 2	Step 3	
	Jump-start your health with tools and tips that help you get active, eat better, and manage smarter, with a focus on peer support and coaching.	Build momentum and continue working together toward a healthier lifestyle through ongoing peer support and coaching.	Self-manage your health and diabetes through nutrition, fitness and medication, with the guidance of peers and coaches.	
			A1c < 7.0	A1c ≥ 7.0
<b>Duration</b>	3-6 months*	3-6 months*	continuous	continuous
<b>Coach Check-ins</b>	1/week	1/month	1/year	1/quarter
<b>Lifestyle Labs</b>	1/week	1/month	as desired	1/quarter
<b>Fitness Sessions</b>	5/week (150 minutes total)	5/week (150 minutes total)	5/week (150 minutes total)	5/week (150 minutes total)
<b>Guided Fitness Training</b>	1/week	2/month	as desired	1/quarter
<b>Nutrition &amp; Behavioral Health</b>	2	1	as desired	as desired
<b>Labs: A1c, Lipids, Biometrics, RMR</b>	2	1 @ end	every 6 months	1/quarter
<b>Physician Visit</b>	1/quarter	1/quarter	annual	1/quarter
<b>Foot &amp; Eye Exams</b>	annual	annual	annual	annual

\* Combined total of 12 months in Steps 1 and/or 2.

*Following Steps 1 and 2, the gym membership and related services are accessed through the standard benefits available to all associates.*



## Enrollment Form

### Basic Information

Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Preferred E-mail \_\_\_\_\_

### TERMS & CONDITIONS

- Participation in this program is voluntary and must be scheduled outside of work hours.
- This program is a 12 month program for City of Savannah Employees and spouses who are participating in the City of Savannah Employee Benefit program.
- Physical activity sessions are required on average of twice per week.
- Participation in a health assessment, including blood testing, (pre, during, and post) is mandatory.
- All participants must have approval by their physician to participate in the fitness activities of the GoStrong program. Fitness levels will be adjusted for appropriateness for each participant's individual health condition.
- All your personal health information will be protected under HIPAA.
- Personal health information will be shared only with the GoStrong program operator, the GoStrong coaches, and Coordinated Health/Care. It will not be shared with any third parties or the City of Savannah HR Department.
- To retain the enhanced benefits being offered, participants must stay compliant with the program requirements.

### PARTICIPATION AGREEMENT

I've read and understand the terms and conditions for participation listed above.

Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Print Name \_\_\_\_\_

Please return to:

**Candler Wellness Center**

5353 Reynolds Street | Savannah, GA 31405

phone: 912.819.8800 | fax: 912.819.5522