

The Take Charge® Healthy Lifestyle Program for Diabetes Includes Everything You Need to Create a Stronger, Healthier You!

- Weekly educational meetings with your Take Charge health professional
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goals
Functional Foods
- Weekly Patient Education Manuals
- One-on-one Weekly Consultations with Your Take Charge® Pharmacist

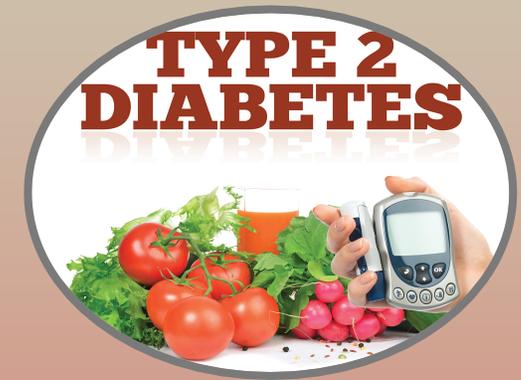


The Time is NOW to TAKE CHARGE®!

This Professional Diabetes Education and Healthy Lifestyles Strategies System is based on your Take Charge® Pharmacist teaching you how to live a healthier life through proper education, nutrition, and fitness!

Whether you are newly diagnosed or have been living with diabetes for years, Take Charge® is the answer to helping you live a longer, healthier life!

Lifestyle Change for Diabetes



Introducing TAKE CHARGE®

**Lifestyle IQ
Health & Nutrition
Education**

Your Pharmacist is Your Coach!



Take Charge® is a 26 week, one-to-one Intense Behavioral Therapy (IBT) System of personalized Medical Nutrition Education administered by Pharmacists to help patients battling Type 2 Diabetes. Your **Take Charge**® pharmacist serves as educator, motivator, monitor and guide as you, through trial and error, learn to implement permanent lifestyle changes that improve your health and wellbeing.

Being diagnosed with diabetes is not a death sentence! It provides a unique opportunity to learn how your body works and how change to a healthier lifestyle can provide greater benefits than even treatment with medications.

Diets DON'T Work...WE DO!!



Facts about Type 2 Diabetes:

1. The vast majority of Type 2 Diabetes cases are not inherited! They are caused by our own poor dietary and lifestyle choices.
2. Losing just 5% of current body weight can lessen and begin to reverse type 2 diabetes.
3. Lifestyle changes can be as effective as medication in treating diabetes *with less risk!*
4. It is never too late to make changes to reverse or lessen the consequences of this disease.
5. Lifestyle change is the ONLY proven, long-term strategy of diabetes treatment success

We F.E.E.D. You!

F. Functional Foods: Foods with a purpose over & beyond the nutrient content. Take Charge® foods are “tools” to use while you learn to eat on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself. Unlike other “programs” our foods are NOT the reason you will get ultimate results! They simply allow you to get results while you learn.

E. Education: The cornerstone of the Take Charge® Program is education! You will receive an educational booklet each week for 26 weeks that will teach different aspects of how foods work in your body. Your Take Charge® Pharmacist and Coach will use their skills to enhance this knowledge during your meetings.

E. Encouragement: Your Take Charge® Pharmacist will help you set realistic goals you can be excited about! Their job is to prepare you in advance for any stumbling blocks you may encounter as you begin the process of changing lifestyle habits. It has to be fun for you to succeed!

D. Direction: The 26 week Take Charge® Program was created with you in mind. Your Pharmacist already provides you with guidance & direction concerning your medications and they are trained to provide the same instruction concerning your lifestyle habits. Your Pharmacist will provide a custom, individualized blueprint to build your new lifestyle!