

## Register for the Sweet Success Workshop

If a family member or support person will join you at the workshop sessions, please write in his or her name below (please print):

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Support person's first name

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Support person's last name

Please mail this completed form to:

### EmblemHealth

Attn: HLCC Program Manager  
Integrative Wellness Department  
55 Water Street  
New York, NY 10041-8190



55 Water Street, New York, New York 10041-8190 | www.emblemhealth.com



## SWEET SUCCESS: HEALTHY LIVING WITH DIABETES

### A Mind-Body-Spirit Approach to Diabetes Management



For more information, please contact our  
Sweet Success Program Manager:

Phone: 1-646-447-7600

E-mail: [healthyliving@emblemhealth.com](mailto:healthyliving@emblemhealth.com)

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EMB\_MB\_BRO\_9168\_Diabetes\_Self-Management 10/12

## Diabetes and Your Health

Diabetes leads the body to stop producing insulin or to use it improperly. (Insulin is a hormone that converts sugars, starches and other foods to energy.) While the cause of diabetes is unknown, genes and behaviors (such as poor eating habits and lack of exercise) can contribute to its onset.

Diabetes has been linked to a greater risk for serious, even life-threatening complications, such as heart attack, stroke and kidney disease. Controlling diabetes can lower this risk.

We each decide how we're going to manage our condition. Some are **passive managers**: we choose to do nothing. Little by little our condition worsens, and we lose the ability to do what we want.

Others are **active managers**: we take measures to prevent or postpone problems. We learn what we have to do to lead a healthy life and we take steps to get there.

The Sweet Success Workshop teaches us to be **active managers**. When we're empowered to take control, the best versions of ourselves are free to emerge.



## Sweet Success: Get the Most Out of Life

Sometimes diabetes can make you feel tired and unwell, even angry or depressed. At times you may feel helpless in the face of these hurdles. But you have the power to take control, renew your sense of well-being and lead a healthy, fulfilling life.

To help you build the skills you need to manage your diabetes, we offer **Sweet Success: Healthy Living with Diabetes**. This six-week workshop from Stanford University is available at no cost to EmblemHealth, GHI and HIP plan members living with diabetes. It has research-proven success for those who complete it. As a participant, you'll learn how to:

- Manage your symptoms.
- Better understand your condition.
- Reduce stress and boost confidence.
- Problem-solve and better handle daily tasks.

By gaining control over your diabetes, you'll have more energy to devote to feeling healthy, content and nourished.



**Devote more energy to feeling healthy, content and nourished.**

## How the Workshop Works

Sweet Success consists of six 2½-hour workshop sessions held throughout the New York metropolitan area. In a supportive group setting, you'll meet weekly with two peer leaders and about 12 to 20 people with diabetes. We encourage you to bring a family member or support person with you to the weekly sessions, but the choice is yours.

The peer leaders will talk about new topics each week. In group discussions, you can share stories, strategies and concerns — and get informed feedback.

Many of the peer leaders have a chronic illness, so they understand the challenges you cope with daily. Many report managing their own health with the skills you'll learn.



**Share stories, strategies and concerns in group discussions.**

## What You'll Learn

The Sweet Success workshop deals with issues common for people with diabetes.

### You'll learn how to:

- Create an action plan.
- Make healthy food choices and stick with them.
- Exercise safely and become stronger and more flexible.
- Monitor blood sugar and prevent low blood sugar.
- Address physical complications, such as foot problems.
- Manage stress with body relaxation techniques, guided imagery and positive thinking.
- Work through difficult emotions.
- Solve problems and work in the feedback you receive.
- Use community resources to help you at home, at work and in social situations.

All participants get a copy of the book *Living a Healthy Life with Chronic Conditions*, as well as the relaxation CD *A Time for Healing*.



## Register for the Sweet Success Workshop

Please complete both sides of this form and mail it to EmblemHealth at the address on the back side. Once you're registered, we'll mail you class details, including the time and location.

### Please print.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Which location is most convenient for you?

Manhattan     Queens     Brooklyn  
 The Bronx     Long Island     Staten Island

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (day) (\_\_\_\_) \_\_\_\_\_

Phone (evening) (\_\_\_\_) \_\_\_\_\_

How did you come across this brochure or find out about the program?

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