

WE CAN HELP YOU TO HELP YOURSELF!

29 million people in the United States have diabetes...



...8 million people **don't know** they have it.

70 million American adults have high blood pressure— **only half** have it under **control**.

No employee shall refuse, withhold or deny service to any person because of race, sex, age, color, national origin, ancestry, creed, religion or belief, marital status, genetic testing, sexual orientation, gender identity and expression, or physical and/or mental disability.

Call: 301-600-3113

Source: <http://www.cdc.gov/diabetes/data/statistics/2014statisticsreport.html>
<http://www.cdc.gov/bloodpressure/facts.htm>

CALL OR VISIT US TODAY:

Frederick County Health Department

350 Montevue Lane

Frederick, MD 21702

301-600-3113

800-735-2258 (TTY)

health.frederickcountymd.gov/ImLivingHealthy



FCHD 12/10/18

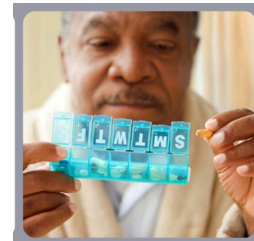
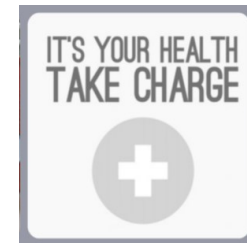


Public Health
Prevent. Promote. Protect.

Frederick County Health Department

I'm Living Healthy!

You can make a change for life



Frederick County Health Department

Call: 301-600-3113



WHAT IS “I’M LIVING HEALTHY”?

I’m Living Healthy is a program to help you **prevent, control, or manage** your chronic condition:

- ⇒ **Prediabetes or Diabetes**
- ⇒ **High Blood Pressure**

HOW YOU CAN JOIN

I’m Living Healthy is a program that is offered at **NO COST** to you. In order to qualify for the program you must:

- Be a resident of Frederick County, MD
- Have at least ONE of the following conditions:
 - Prediabetes
 - Diabetes
 - High Blood Pressure

Call: 301-600-3113

YOU WILL RECEIVE:

- **Weekly education and coaching with a registered nurse and health educator for up to 8 sessions**
- **The knowledge and skills you need to accomplish your health goals**
- **Connections to community resources**
- **Emotional support**

“When we are no longer able to change a situation, we are challenged to change ourselves.”

- Viktor E. Frankl



Call: 301-600-3113



WHAT MAKES “I’M LIVING HEALTHY” DIFFERENT?

I’m Living Healthy is not a standard classroom-style program. It requires you to:

- Be motivated!
- Think creatively
- Be open to new ideas and lifestyle changes
- Work **as a team** with your nurse and health educator

Don’t know if you have a chronic condition?

⇒ Call your doctor today! Ask about your blood pressure and blood sugar levels to find out if you may be at risk.

Don’t have a doctor?

⇒ Contact us at the health department to find out how we can help: **301-600-3113**