

TrestleTree Health Coaching

Support to Help You Manage Your Diabetes

Your Health. Your Benefits.

When it comes to feeling your best, your needs are unique to you. Our expert behavior change Coaches will help you through your personal challenges managing your diabetes. Enroll today to take the first step toward a healthier and happier life!

How it works

- You'll schedule time to talk with your Health Coach over the phone, Zoom, or in person when it's convenient for you.
- Appointments can range from 30 to 60 minutes.
- Coaching appointments are **FREE**, unlimited, and confidential.
- Create a personalized plan to help you improve your health, enhance your quality of life, and manage your diabetes.

Diabetes health coaching can help you:

- Minimize the long-term complications that can result from diabetes
- Learn how to set goals to improve your A1C
- Understand the correlation between your stress levels and blood sugar levels
- Expand your knowledge of carbohydrates
- Develop an exercise plan while managing your blood glucose levels

Your Yale Health Coaches



Courtney
Fratta
BSN, RN



Sonia
Allard
BS, RN



Chanel
Ostasiewski
RN

Yale

To learn more or enroll in coaching
Call 1 + (866) 672 - 4422


TrestleTree