



In coordination with the Diabetes Center of Excellence
Madison County Health Department
2005 Corporate Drive
Richmond, KY 40475

September 30, 2008

Dear Benefited ECU Employee,

New *Small Steps, Big Rewards* Program Helps You Manage Your Diabetes!

This is a new program offered on campus to benefited ECU employees and their covered dependents. This program will be coordinated by the Diabetes Center of Excellence of the Madison County Health Department as a partner with ECU's Health Care Programs. A Diabetes Educator will help you make positive choices so that you can feel better and improve your health.

Why should I participate in this program?

- It is free to you and/or your covered dependents; Other diabetes programs are expensive
- You will receive a Personalized Health Action Plan that will be catered to your individual needs and helps remove whatever is standing in the way of taking control of your diabetes
- You will have an Individual Diabetes Health Coach
- Your personal medical information will be kept completely confidential by the Diabetes Educator

Beginning October 13, 2008, Diabetes Educator, Paula Hollon, RN, CDE, will be available on campus by appointment on Mondays, 8:00 – 5:30 and Tuesdays, 8:00 – 4:30. The *Small Steps, Big Rewards* office is conveniently located in Crabbe Library 207 B. If you have diabetes, you will be contacted by the *Small Steps, Big Rewards* office in the next few weeks.

This program is voluntary, you will want to enroll. There are many individualized incentives when you actively participate. Some examples include: paid time off to attend your one-on-one coaching and/or educational sessions, credits toward Healthy You @ ECU, etc.

Now is the time for you to take small steps and get big rewards!

Should you have any questions, please contact the *Small Steps, Big Rewards* office, at 622-6229 or paulaa.hollon@ky.gov. For general information about this program, you may call the HR Benefits Office at 622-8637.