

"I've **lost over 20 pounds** and now **have control** of diabetes."

—William F., Lexington High School

## Programs that helped the most



Health  
Coaching

### Where I started

After I completed my health summary several years ago, which indicated that I had type 2 diabetes and high-risk elements that could cause major health problems, I started talking with a ParTNers for Health coach about my goals.

### My journey

My health coach and I have talked about a detailed plan for my type 2 diabetes as well as my goals for exercise and losing weight. I previously used my family physician, who did a great job, but my A1C level (an indicator of blood sugar) was not decreasing. Due to conversations with my health coach, I chose to get a second opinion from an endocrinologist who evaluated my diabetic status. It has been the best choice for me to become healthier. The doctor evaluated all of my medications and summarized their effect on my issues. That resulted in a change of medicine, diet plan and exercise.

### My life now

By consistently monitoring my blood sugar and making changes to my diet, I have lost more than 20 pounds and reduced my A1C level. While I am still insulin-dependent on an as-needed basis, my numbers indicate that I have control of my diabetes. I'm also starting to increase my physical activity, which I feel will make me even healthier.

### My advice

Be open to trusting someone who is qualified to assist you in any way and who will offer suggestions that can increase your well-being to become a healthier person.

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### Share your story!

We want to hear about the healthy changes you've made in your life. Whether you've shed pounds or simply made a commitment to walk the dog each day, your story can spark a change in others. [Submit it today.](#)