



Concerned about diabetes?

TELUS Health Diabetes Prevention Coaching can help you reduce your risks.

Are you or someone you care about dealing with prediabetes? Are you worried about developing diabetes or preventing complications?

TELUS Health Diabetes Prevention Coaching can help. Contact us today to connect with an experienced, professional health coach who will work with you one-on-one to make healthy changes, whether it's losing weight, eating a healthier diet, or starting an exercise program.

TELUS Health Diabetes Prevention Coaching is:

- Individualized support from a qualified health and wellness coach who can help you improve your diet, start or increase a physical activity regime, and reduce your risks
- Designed to help you understand prediabetes and diabetes, learn how to make positive lifestyle changes, and perhaps more importantly, how to maintain the improvements
- Additional tools and resources provided to support you on your journey

Increase your chances of success and the likelihood of long-term maintenance. Take the first step on your journey to better health today, with professional support from TELUS Health' health and wellness coaching.

Find out more:



Web app

Click on "Life" in the top navigation then click on "Support and Resources." Scroll down to the "Quick Links" section and click on "TELUS Health Health Coaching".



Mobile app

Click on "Life" in the bottom navigation. Scroll down to the "Quick Links" section and click on "TELUS Health Health Coaching".