



## HEALTH DIABETES CHALLENGE

# DIABETES HEALTH CHALLENGE 2014 JANUARY 14 – APRIL 15

The YMCA of Saginaw and the Covenant Outpatient Diabetes Center will work together with physician offices encouraging patients to become healthier. The focus of the challenge will be the outcome measurement of:

- HgA1C
- Blood Lipid Levels
- BMI

These values will be assessed and determined by the patient in conjunction with the Outpatient Diabetes team. As an incentive for success, the winner will receive:


- **A recognition certificate**
- **1st place – 1 year YMCA membership**
- **2nd place – 6 month YMCA membership**
- **3rd place – 3 month YMCA membership**

The winning physician's office will also receive a certificate as a symbol of commitment and partnership in wellness initiatives related to diabetes.

Ask your primary care physician's office for more information or call the Covenant Diabetes Center at **989.583.5193**.

SPONSORED BY  
YMCA of Saginaw, the Diabetes Self Management Program  
and Partnering Physician Offices

The winner and  
their physician's office  
will be announced at  
the YMCA of Saginaw  
celebration  
April 15, 2014  
at 6 pm.



All participants  
will receive a  
FREE pass for  
the YMCA of  
Saginaw County.

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