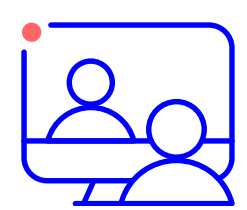


# Get a custom care plan to manage diabetes

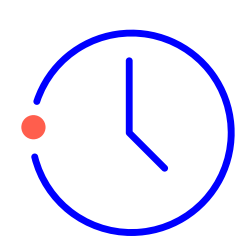
Thanks to Windstream, you have no cost access to the Connected Care Program. Connect with your personal care team today so they can work with you to create the most effective and useful plan.



## Customized care and personalized support



**Managing blood sugar?** Learn strategies and methods for improving blood glucose control.



**New complications?** From neuropathy to diabetic retinopathy, learn more about your symptoms and how to manage them.



**Looking for a top specialist?** Find endocrinologists, dietitians, social workers, or get a second opinion from world-class doctors.

Whether your diagnosis is days or decades old, get confidence in your care plan with a second opinion.

### Here's how a second opinion works:

- We collect all your records, tests, and doctor's notes.
- We find a leading diabetes expert to review your case and provide a second opinion.
- We discuss your treatment options with you and your doctor.

## Other things we help manage:

- Pre and postnatal care
- Cancer
- Heart disease
- Pain management
- Recent ER visit
- High healthcare costs
- Recent hospitalization

## Join today.

Call 1-855-524-8426 and let your personal care team know you're interested in the Connected Care Program.  
[includedhealth.com/windstream](https://includedhealth.com/windstream)

