

# TakeCare's Wellness Programs

Take care of your mind and body.



Jonei Delgado, RDN

The only nationally recognized wellness program on island with a proven track record. TakeCare's Prevent T2 diabetes prevention program is fully recognized by the CDC.

*"I was able to lose weight, lower my A1C, and stop a handful of medications. I am really thankful for this program and the support I have from the other participants and coaches"*  
- Debbie Duenas

- Cardiac Risk Management
- Children's Health Improvement Program
- Diabetes Management
- Diabetes Prevention - Prevent T2
- Nicotine Cessation
- Nutrition Education & Counseling\*
- TakeCare Group Fitness Classes
- Teen Talk Workshop
- Well Mommy, Well Baby
- Worksite Wellness

For more information or to register for our health education classes, please contact our TakeCare Wellness Team at (671)646-6956 ext 7161/7621/7180, Monday through Friday from 8am-5pm or email [wellness@takecareasia.com](mailto:wellness@takecareasia.com).

★ Includes additional services and programs we will offer.

\* All health education classes are FREE to TakeCare members unless otherwise specified. Referral is required from your primary care physician. Please fax referral to (671) 647-3541 or email to [wellness@takecareasia.com](mailto:wellness@takecareasia.com)

*Our Island, Your Health Plan™*



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