

We call **GoStrong** a “diabetes engagement” program because it gives you the tools and motivation to actually get after it. You join a community of people facing the same issues, where you can begin your journey to better health and diabetes management. With the help of program peers and coaches, you’ll have the motivation and guidance you need to lose weight, keep your blood sugar in check, reduce your cholesterol levels, and much more — just like other **GoStrong** members!

You can contact the Go Strong Coordinator at 912.819.8828 with any questions or concerns.

	Step 1	Step 2	Step 3	
	Jump-start your health with tools and tips that help you get active, eat better, and manage smarter, with a focus on peer support and coaching.	Build momentum and continue working together toward a healthier lifestyle through ongoing peer support and coaching.	Self-manage your health and diabetes through nutrition, fitness and medication, with the guidance of peers and coaches.	
			A1c < 7.0	A1c ≥ 7.0
Duration	3-6 months*	3-6 months*	continuous	continuous
Coach Check-ins	1/week	1/month	1/year	1/quarter
Lifestyle Labs	1/week	1/month	as desired	1/quarter
Fitness Sessions	5/week (150 minutes total)	5/week (150 minutes total)	5/week (150 minutes total)	5/week (150 minutes total)
Guided Fitness Training	1/week	2/month	as desired	1/quarter
Nutrition & Behavioral Health	2	1	as desired	as desired
Labs: A1c, Lipids, Biometrics, RMR	2	1 @ end	every 6 months	1/quarter
Physician Visit	1/quarter	1/quarter	annual	1/quarter
Foot & Eye Exams	annual	annual	annual	annual

* Combined total of 12 months in Steps 1 and/or 2.

Following Steps 1 and 2, the gym membership and related services are accessed through the standard benefits available to all associates.



Enrollment Form

Basic Information

Name _____ DOB ____ / ____ / ____

Home Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____ - _____ Cell Phone (_____) _____ - _____

Preferred E-mail _____

TERMS & CONDITIONS

- Participation in this program is voluntary and must be scheduled outside of work hours.
- This program is a 12 month program for City of Savannah Employees and spouses who are participating in the City of Savannah Employee Benefit program.
- Physical activity sessions are required on average of twice per week.
- Participation in a health assessment, including blood testing, (pre, during, and post) is mandatory.
- All participants must have approval by their physician to participate in the fitness activities of the GoStrong program. Fitness levels will be adjusted for appropriateness for each participant's individual health condition.
- All your personal health information will be protected under HIPAA.
- Personal health information will be shared only with the GoStrong program operator, the GoStrong coaches, and Coordinated Health/Care. It will not be shared with any third parties or the City of Savannah HR Department.
- To retain the enhanced benefits being offered, participants must stay compliant with the program requirements.

PARTICIPATION AGREEMENT

I've read and understand the terms and conditions for participation listed above.

Signature _____ Date ____ / ____ / ____

Print Name _____

Please return to:

Candler Wellness Center

5353 Reynolds Street | Savannah, GA 31405

phone: 912.819.8800 | fax: 912.819.5522