



August 29, 2008

Participant Name
Participant Address
City, State Zip Code

Dear Participant:

MO HealthNet's Health and Wellness Program is giving you the enclosed card about living with diabetes. The card lists how often to get check-ups and tests to help you avoid problems due to diabetes. The card also offers a free gift if you keep track of your information and call us with your doctor's check-up and test results. To receive your **FREE** gift, please call your Nurse Health Coach from 8 am to 5 pm, Monday through Friday, toll-free at **1-866-464-7147**.

We've enclosed educational fact sheets that will tell you:

- What can cause diabetes;
- Things you can do to help control your diabetes;
- How to live a healthier life; and
- Information on prescriptions, diet and exercise.

The card, information and **MO HealthNet's** Health and Wellness Program are a **FREE** benefit to you. **MO HealthNet's** Health and Wellness Program gives you extra help and does not change any services you are getting from **MO HealthNet**. You should keep going to your doctor and keep all of your medical appointments.

You can call our toll-free number at **1-866-464-7147** to talk to a Nurse Health Coach and learn more about diabetes. The call and our services are free. If you are hearing impaired you can call Relay Missouri TDD at 1-800-735-2466 (voice) or 1-800-735-2966 (text). We are here to help you with any medical information that you do not understand.

Thank you,

MO HealthNet Health and Wellness Program

*Para recibir esta carta y la información en español, por favor llame al numero de teléfono gratis **1-866-464-7147**.*