



# takecontrol

Customized Plans. Individual Results. Real Savings.

800.746.2970 | [info@TakeControlMT.com](mailto:info@TakeControlMT.com)

Get a **Head Start** on your health, and earn a **\$50 Amazon.com gift card!**

Take Control is a Montana-based team of health care professionals who understand you need support to make lasting lifestyle changes.



Our customized health coaching plans are designed to give you all the tools you need to address pre-hypertension and pre-diabetes, improving your health in a way that works with your busy schedule. Our proven methods are easy to implement and result in lowered blood glucose and blood pressure.

Our program is tailored to you, instead of taking a one-size-fits-all approach. Your health coach will listen closely to your needs, and work with you to create a roadmap to achieve sustainable results. You'll talk to the same coach each month, building a relationship with someone who understands your challenges, and can guide you to success. This confidential service is provided at no cost to you, and takes place on the phone, scheduled at a time that works for you, wherever you are.

You are eligible for this **FREE**, confidential coaching program if you meet any of the following criteria:

1. Blood pressure systolic (top #) 120-129 mm Hg, or diastolic (bottom #) 80-85 mm Hg
2. Pre-diabetes with an A1c between 5.7% and 6.4%

\* Amazon.com gift cards are issued after completion of the 6-month program.

The program has been incredibly successful for MMIA members.

*"The program has exceeded my expectations. I have left every call feeling more positive and motivated to continue to move forward. By creating an atmosphere of positivity and success, I have been able to continue to make small, sustainable changes."*

— C.L., Whitefish, MT

Call 1-800-746-2970 Ext. 1 to learn more about Take Control's programs, or visit [takecontrolmt.com](http://takecontrolmt.com). Take Control may also reach out to you (via email and phone) and invite you to join their program.