



takecontrol

Customized Plans. Individual Results. Real Savings.

800.746.2970 | info@TakeControlMT.com

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



MMIA
MONTANA MUNICIPAL INTERLOCAL AUTHORITY
**EMPLOYEE
BENEFITS**

Their customized health coaching plans are designed to give you all the tools you need to lose weight and improve your health in a way that works for your busy schedule. The proven methods they've developed to lower your blood pressure, help you lose weight, reduce your cholesterol, and manage your diabetes are easy to follow and deliver straightforward results.

Take Control's system is tailored for you instead of taking a one-size-fits-all approach. Your health coach will listen closely to your needs, and work with you to define a roadmap to achieve sustainable results. You'll talk to the same coach each month to build a relationship with someone who understands your challenges, and can guide you through them. The confidential service is provided at no cost to you, and takes place on a phone call scheduled at a time that works for you, wherever you are.

You are eligible for free, confidential coaching with Take Control if you meet any of the following criteria:

1. Body Mass Index (BMI) of 28.5 or higher
2. Blood pressure of systolic (top #) 126 or higher, or diastolic (bottom #) 86 or higher
3. LDL cholesterol close to 130 or higher
4. Diabetes A1c of 6.5% or higher

The program has been incredibly successful for MMIA members. Here's what they're saying about their experience:

"This really is, hands down, the coolest health experience I have ever had. The change in my life has already been huge and extremely positive - I can't believe I have 6 more months to work on this...thank you for facilitating that."

— B.P., Bozeman, MT

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