

MMIA Health Coaching Services

MMIA has partnered with a Montana-based company to provide free health coaching to our members. Take Control can provide you with the tools and resources you need to lose weight, lower your blood pressure, reduce your cholesterol, and manage your diabetes.

Take Control's approach is different from most. They listen to your needs and use a process that empowers you to achieve your goals over a longer period of time. This makes change easier and sustainable. You'll talk to the same coach each month for a personal and empathetic experience. The service is free, confidential, comprehensive, and is delivered via monthly telephone calls in the location of your convenience.

MMIA members are eligible for coaching with Take Control if they meet any of the following criteria.

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

Others who've completed their program have achieved great success, and really raved about it. One member said:

"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

To find out more about Take Control, call 800-746-2970 Ext. 1, or check out their web site: <http://takecontrolmt.com/> OR Take Control may reach out to you (via email and phone) and invite you to join their program.

