

Group Lifestyle Approach to Diabetes: A New Approach to Diabetes and Wellness

The GLAD program is designed specifically for individuals with Type I or Type II diabetes. ***G**roup **L**ifestyle **A**pproach to **D**iabetes* is committed to supporting the development of lifelong habits of wellness while balancing diabetes.

GLAD is designed to help you meet your health goals and save on out-of- pocket medical expenses. With your smart phone, please scan the QR code to open the list of diabetic supplies and medications available to you at no cost.

Getting Started

Your first step is to schedule an appointment to meet with your Wellness Center provider to review your diabetic history. Simply call, our Wellness Center Concierge Line at **(317) 838-WELL (9355)**. Our helpful navigators can schedule an appointment time at one of our five convenient locations, Avon, Brownsburg, Danville, Indianapolis, or Plainfield.

What to bring to your appointment

- Photo ID
- Insurance card
- Medications in original containers or a list complete with dosage

Call (317) 838-WELL (9355) for more information or to enroll in GLAD