

# Take control of your diabetes

Whether you've recently been diagnosed with prediabetes or you're looking for ongoing support managing diabetes, these resources are designed to help you or a family member.



## Diabetes support resources available to you



### Health coaching

Partner with a personal coach and receive a plan tailored to you. You'll use tools to support you with healthier food choices, being active and more. Call **1-866-567-0705** or visit [powerofvitality.com](https://powerofvitality.com).



### Omada

The Omada® prediabetes/diabetes support program offers education, smart devices for tracking weight and and/or blood sugar and 1-on-1 group coaching. Learn more and get started at [omadahealth.com/dukeenergy](https://omadahealth.com/dukeenergy).



### Employee Assistance Program

Find support for stress, anxiety or any of life's challenges through Spring Health, and Duke Energy's Employee Assistance Program. Call **1-855-629-0554** or visit [dukeenergy.springhealth.com](https://dukeenergy.springhealth.com) (work-life code: **Duke**).



### Real Appeal

Try this digital weight-loss and healthy lifestyle program for small steps that help create lifelong change. Get started with Real Appeal® at [dukeenergy.realappeal.com](https://dukeenergy.realappeal.com).



### Quit For Life

Work with a Quit For Life® tobacco cessation coach to create a customized quit plan that includes nicotine replacement therapy, online coaching tools and more. Call **1-866-784-8454** or visit [myquitforlife.com/dukeenergy](https://myquitforlife.com/dukeenergy).



### Preventive screenings

Stay up to date with routine care, including regular A1C tests. For help finding a network doctor or scheduling appointments, call myHealth Connect at **1-877-214-2930**.



### One Pass Select

Get access to nationwide fitness centers and online classes with a membership to One Pass Select®. See membership options and get started at [onepassselect.com](https://onepassselect.com).



### Not sure where to start?

Call myHealth Connect at **1-877-214-2930**

Scan to save the number in your phone's contact list



Real Appeal is a voluntary weight-loss program that is offered to eligible participants at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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