

# “I’m proof this program works!”

*(Ty, Sanford Sewerage District, TDES participant)*

Ty dropped his A1C  
4 points and lost over  
60 pounds with help  
from the TDES program.



If you are a MMEHT member and have been diagnosed with pre-diabetes or diabetes,  
this is your opportunity to take control!

**IT’S EASY, IT’S FREE AND IT’S ALL ABOUT YOU!**

To enroll, contact the TDES<sup>®</sup> Project Coordinator  
at 207-622-7566 ext. 252 or email [tdes@mcdph.org](mailto:tdes@mcdph.org).  
More information and an application form can also be  
obtained on the Health Trust website at [www.mmeht.org](http://www.mmeht.org).

## TDES

Telephonic Diabetes Education and Support  
207-622-7566 ext. 252

Sponsored by: Maine Municipal Employees Health Trust

