

## Your questions answered:

**Q.** What are my chances of being diagnosed with type 2 diabetes after having gestational diabetes?

**A.** Women who have had gestational diabetes are seven times more likely to develop type 2 diabetes than women who have not had gestational diabetes.

**Q.** My doctor is already taking good care of me. Why do I need The COACH Program®?

**A.** Our coaches work with your doctor's advice and support to help you make long-term lifestyle changes to stay healthy.

## Testimonials:

Here are some thoughts from previous participants of The COACH Program®

"The COACH Program® gave me access to a dietitian to ask the questions I was interested in."

"I enjoyed talking to someone who cares about my wellbeing and health."

"The information was valuable and knowledge of the coach was very good."

"I'm more aware of what I can do to prevent type 2 diabetes."

Diabetes Tasmania is your local health charity supporting Tasmanians affected by all types of diabetes and those at risk. We work with our community to prevent and reduce the impact of diabetes.



The COACH Program® for women who have had gestational diabetes is delivered to you by Diabetes Tasmania with support from the Tasmanian Community Fund



Call us

6215 9000 (Hobart)

6333 0233 (Launceston)

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64 Cameron Street, Launceston TAS 7250

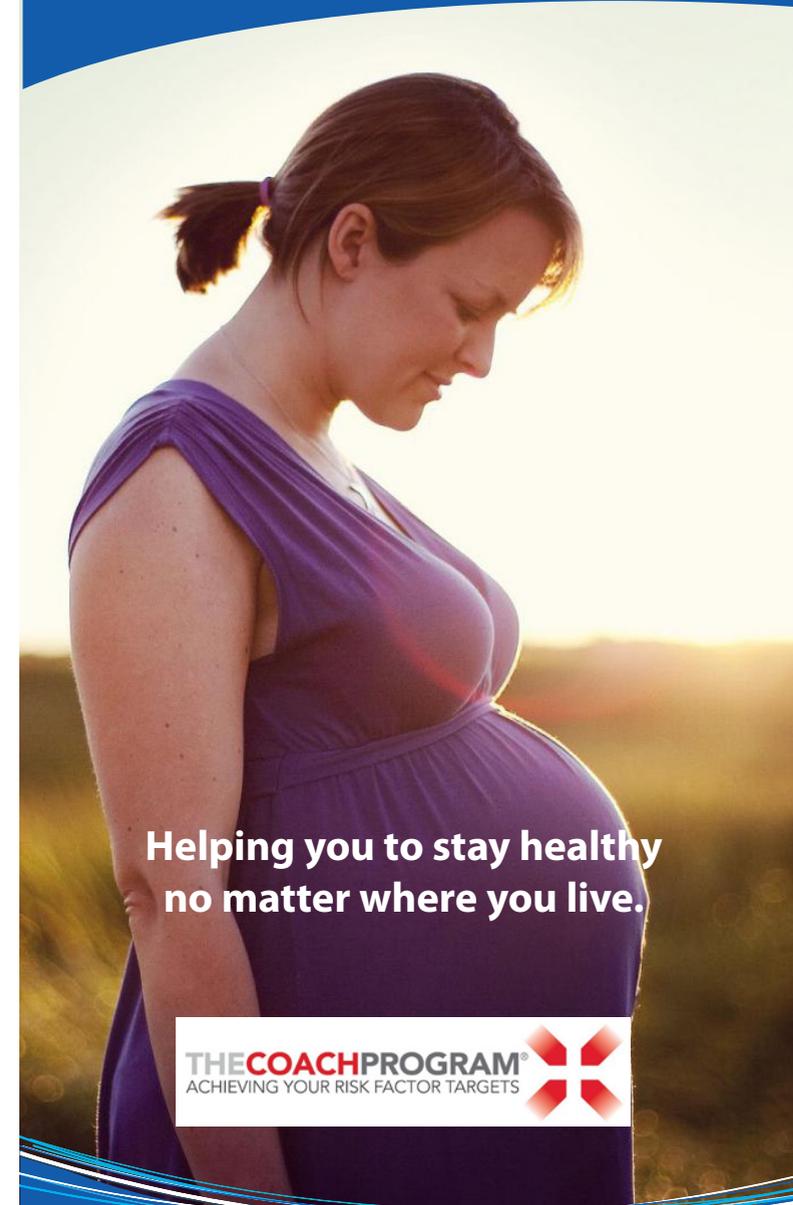
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## Telephone Coaching to help prevent type 2 diabetes for women who have had gestational diabetes



Helping you to stay healthy  
no matter where you live.



## Have you had gestational diabetes? Do you need support and advice to help prevent type 2 diabetes?

**Join Diabetes Tasmania's free telephone coaching program now and become actively involved in looking after your own health**

### What is The COACH Program®?

The COACH Program® is an evidence-based, award-winning coaching prevention program for people with chronic disease or at high risk of chronic disease.

Offered by Diabetes Tasmania, The COACH Program® is a free service available to women who have had gestational diabetes and who are at risk of developing type 2 diabetes.

The COACH Program® is a structured telephone-based health coaching program. Working with a trained health coach, you will learn how to improve your lifestyle and reduce your risk of developing type 2 diabetes.

#### You will cover topics including:

- physical activity
- eating habits
- weight
- blood pressure
- smoking
- alcohol drinking habits

### How does it work?

Your coach will call you once a month for about six months.

#### During the calls you will talk about:

- how your health is at the moment
- what you can do to reduce your risk of type 2 diabetes
- working together to set goals to help you make positive lifestyle changes

#### After each session your coach will:

- send you a summary of what you've spoken about and the goals you've set during the call
- check in with you four weeks later to see how you're working towards your goals

*"Thank you for all the information and help I received. It has definitely helped me work towards my goals."*

The COACH Program® participant

### Why should I join?

There are many benefits to joining The COACH Program®. It will:

- help you improve your health
- it's free
- all sessions are held over the phone so there's no need to travel
- the sessions run at a time that suit you
- every session is personalised to your needs

The COACH Program® coaches will help you to work together with your health care team to meet your health goals no matter where you live.

### How do I join? It's easy!

- simply call us on one of the numbers below;
- sign the consent form that will be posted to you and return it to us in the reply paid envelope;
- we will call you to book your first telephone health coaching session



**THE COACH PROGRAM®**  
ACHIEVING YOUR RISK FACTOR TARGETS

If you would like more information about The COACH Program® at Diabetes Tasmania call us on

**6215 9000 - Hobart**

**6333 0233 - Launceston**

**diabetestas.org.au**