



## **Take control of your blood sugar!**

Did you know that increased thirst, unexplained weight changes and the need to urinate more often can be signs that your blood sugar is high? If you notice any of these changes, talk to your provider to rule out blood sugar concerns.

## **Better health can be so sweet!**

Conifer Health Solutions Personal Health Management (PHM) program is available to help you learn ways to manage your health. To get started, call Patricia Mullen at 1-800-459-2110 X 2247 or 410-919-4428.