

## Program Outcomes

Significant reductions in weight and A1C

**2.6** point average reduction in A1C

**15.6** average pounds of weight loss



Reduction in blood sugar



Measurable improvements in quality of life



Reduced or eliminated medication needs



Lower healthcare expenditures



Chronic disease remission



Improved energy & emotional well-being



Improved blood pressure & cholesterol



Improved sleep & digestion

**100%**

of participants would recommend our program to others!

Our team aims to show you how to prevent, manage, and ideally reverse the chronic health conditions that effect so many of us. We developed this program so we can reach and work with you in your home or place of choice.

We provide ongoing support and services necessary for sustainable lifestyle and behavior change to combat chronic disease. Our services are offered over the phone, FaceTime, or Zoom—your choice!

## Commit to a better tomorrow, today!

### COST

There is minimal to no out-of-pocket cost to participate, as our services are covered by some insurance providers and/or grant funding.

### REQUIREMENTS

A diagnosis of diabetes or prediabetes  
A positive attitude  
Ready and willing to learn  
Access to a phone, FaceTime, or Zoom

### ELIGIBILITY

Individuals diagnosed with diabetes or prediabetes are eligible.

### HOW TO ENROLL

Speak to your healthcare provider and request a referral.

Your healthcare provider will then complete a referral form and fax it to us.

We will then call you regarding enrollment and schedule your first appointment.

### VISIT OUR WEBSITE:

[msdiabetesnetwork.com/diabetes-solutions](https://msdiabetesnetwork.com/diabetes-solutions)

### GIVE US A CALL

Main Phone Number: 662-625-7214

### PROGRAM CONTACT

**Dr. Catherine Moring, Program Director**

Email: [cmoring@mytgh.com](mailto:cmoring@mytgh.com)

Cell Phone: 501-276-5459

Office Phone: 662-625-3040

Fax: 662-625-3024

### FOLLOW US ON SOCIAL MEDIA



GIVE US A CALL: 662-625-7214

# Diabetes SOLUTIONS

A PATIENT-CENTERED APPROACH TO HEALTH, HEALING, AND THRIVING

*The answer to a better tomorrow!*

Diabetes Solutions provides one-on-one coaching and support services designed to help you reach your health goals and thrive.

We are an accredited program and our team of coaches and diabetes experts are eager to work with you!

Diabetes solutions services are offered through the

JAMES C. KENNEDY Wellness Center and MISSISSIPPI DIABETES NETWORK

## Services & Resources

All services are offered online.

One-on-one coaching from diabetes experts.  
Access to your very own diabetes coach.  
Diabetes resource guide.  
Cookbook with delicious meal ideas.  
Exercise and educational videos.  
Support, motivation, and encouragement.  
24/7 group fitness app.

## Mission

Our mission is to educate and empower our clients to improve health and thrive. We aim to prevent the onset of diabetes complications and associated health concerns.

Not only do we specialize in weight loss and blood sugar control, we help you improve all aspects of health, including emotional well-being. We focus on the whole person and often see clients reduce the need for many medications by learning to use food and exercise as medicine.

## Diabetes Solutions

Diabetes Solutions provides exceptional individual patient care in a one-on-one format via telehealth. Upon enrollment, we will mail you a resource package.

Appointments can be made as frequently as weekly or as seldom as quarterly. The service plan is tailored to meet your needs and desires. Appointments typically last 30 minutes but can range from 15 minutes to an hour, depending on the goals for the session and information covered.

## Meet our Team

### Catherine Moring, PhD, RD, BC-ADM, CDCES PROGRAM DIRECTOR



Dr. Moring is the Co-founder of Diabetes Solutions and one of our diabetes coaches. She is board certified in Advanced Diabetes Management, a Certified Diabetes Care and Education Specialist, and a Registered Dietitian. She is passionate about diabetes care and helping you meet your health goals.

### Jennifer Taylor, RN, CDCES, CPT PROGRAM INSTRUCTOR



Jennifer is the Co-founder of Diabetes Solutions and one of our diabetes coaches. She is a Registered Nurse, Certified Diabetes Care and Education Specialist, Certified Personal Trainer, specialist in fitness nutrition, and Certified Health Coach. She is friendly, compassionate, committed to learning, and will be your biggest cheerleader.

### Allison Tharp, MS PROGRAM INSTRUCTOR



Allison is one of our diabetes coaches and the Director of the Mississippi Diabetes Network. She is a Transformational Nutrition Coach, health coach, and Certified Personal Trainer. She has a bachelor's degree in sports medicine and exercise science and a master's degree in health promotion. She is eager to help you heal and thrive.

### Barbara Green, CPT ENROLLMENT STAFF



Barbara assists with program enrollment and billing and is the Program Registration Coordinator. She can answer any questions related to enrollment and will always be helpful. She is also a Certified Personal Trainer.

### Corbett Weathersby, CPT ENROLLMENT STAFF



Corbett is the Diabetes Solutions Administrative Assistant and helps with program enrollment and billing. He has a degree in health, exercise science, and recreation management and is a Certified Personal Trainer. He is passionate about helping others improve their health.

## Testimonials

"In just a few months my A1C went from 11.3 to 6.7. The instructors provide suggestions for lifestyle and diet changes that are easy to stick to and program is easily accessible by phone or computer." – A.G. (48, female)

"The diabetes program has worked wonders for me! I started with an A1C of 8.7 and now it's 5.4. I also lost 26 pounds. I have learned to cook and eat healthier. I especially enjoy being able to access the program from home and that I don't have to travel." – C.W. (70, female)

"My anxiety is gone. I am sleeping and have tons of energy. My A1C went from 6.9 to 5.1 and I lost over 35 pounds without even feeling like I was dieting." – A.R. (56, female)

"I feel 10 years younger! My A1C is below target and I have lost almost 40 pounds." – J.P. (75, male)

"I learned how to cook, meal prep and eat foods to calm inflammation. I lost over 10 pounds and my A1C went from 7.5 to 5.6." – B.A. (31, female)

"I now know what to eat to manage my sugars and the importance of movement. My A1C has gone from 10.7 to 6.0 and I have lost almost 20 pounds!" – G.B. (55, female)

"My A1C went from 8.2 to 5.0. I also lost over 30 pounds and was able to stop taking all of my medicine." – D.W. (53, male)

"By changing my diet, I reduced my triglycerides from 198 to 106 and my A1C from 7.7 to 5.4 in 5 months." – D.M. (65, male)

"My blood sugar was averaging 300 and my A1C was 11.4. My A1C is now 6.1, I lost 40 pounds and 5 inches in my waist." – D.J. (76, male)

### COMMON OUTCOMES:

Reduction in A1C  
Significant weight loss  
Improved emotional well-being  
Reduced inflammation  
Increased energy