

The State Health Plan
PREVENTION PARTNERS

Sponsored by the SC Employee Insurance Program (EIP) & Clemson University

FREE

**CLUB SUGAR
PROGRAM**

**Tuesday June 3, 2008, 12noon through 4:30pm
Clemson University Student Senate Chambers**

Registration Deadline: April 25, 2008

Learn more about managing your diabetes. Join us for just ONE session in June and a follow-up meeting in November.

Eligibility

Active employee or retiree covered by any of the following health plans:
Standard State Health Plan, Savings State Health Plan, Blue Choice Health Plan of South Carolina, Cigna HMO, or MUSC Options

Two free screenings

- Include: Cholesterol Panel (Total cholesterol, LDL, HDL, TG), Hemoglobin A1C, Blood pressure, height/weight and waist circumference.
- Contact the Sullivan Center at 864-656-3076 to schedule your diabetes screenings. You will be required to show a state health insurance card.
- **Initial Screening** must be completed by May 27, 2008.
- **Follow-up Screening** must be completed by November 13, 2008.

1 Day Session – Topics

- Know Your Numbers and Diabetes Overview
- Nutrition and Physical Activity
- Medications and Complications/Sick Days
- Where Do We Go from Here?

Reunion

- Thursday, November 20, 2008 11:30am through 1:30pm at Student Senate Chambers

If you have questions, call Ramsey Makhuli at 803-737-3823.

**Club Sugar Registration Form
Clemson University Participants**

Please Print Clearly

**Registration Deadline: April 25, 2008
Registration is limited to 50 people**

Please complete and return this form to the attention of Ramsey Makhuli by mail, fax or email as follows:

Mail: Prevention Partners, P.O. Box 11661, Columbia, SC 29211

Fax: 803-737-0557

E-mail: RMakhuli@eip.sc.gov

Please fill out the entire form

Name: _____

Clemson University Employee ID Number (optional): _____

Email : _____

Work Address:

Home Address:

Phone (w): _____

Phone (h): _____

Social Security Number (optional): _____

Date of Birth: _____

I have had diabetes for _____ years.

I am taking:

Insulin _____

Diabetes Pills _____

Aspirin _____

My Hemoglobin A1c _____

Blood Pressure/Cholesterol Meds _____

Other Meds _____