

Take Control of Your Blood Sugar with help from the Workplace Clinic



Managing your blood sugar will help you avoid or delay serious health complications. The provider at the Workplace Clinic is your trusted resource to help you take control of your blood sugar.

- Check and monitor your blood glucose
- Test your hemoglobin A1c (HbA1c) levels
- Discuss your potential risk of developing diabetes due to family history and other lifestyle factors
- Help you develop a realistic plan to prevent or delay type 2 diabetes through nutrition, physical activity, sleep and stress management
- Promote regular follow-up visits to monitor your progress towards a healthier you
- Collaborate with your primary care provider if necessary

To make an appointment, call the **City of Milwaukee Workplace Clinic** at 414-777-3413.

Or, visit my.froedtert.com or the Froedtert & MCW app to make an appointment if you are an established Workplace Clinic patient.



Workforce Health