

Dear Team Member,

I'm writing to announce an exciting free new program DeKalb Health is making available for our benefit-eligible team members. In alignment with our mission to Promote, Preserve, and Restore Health the Senior Leadership Team has been seeking opportunities to improve our wellness offerings, moving beyond rewards for metrics to enabling success in the path to better wellness.

Indiana's rates for Obesity have increased from 13% to 33% in the last 30 years. Along with this, we have seen a significant increase in High Blood Pressure (Hypertension), High Blood Sugar (Diabetes), High Cholesterol (Hyperlipidemia), and Heart Disease. All of these conditions have been strongly linked to elevated levels of a hormone called Insulin (Hyperinsulinemia).

There are many potential ways to address this problem. If you have an effective method to maintain a healthy blood sugar and weight, continue your current approach. If you're like my patients and me, eating less and moving more hasn't been very effective. Is it hard for you to lose weight without starving yourself and then to regain all and more weight back? We would like to help you lose weight and feel great with a program called Intensive Dietary Management.

Intensive Dietary Management have published success with low carbohydrate diets and fasting in achieving excellent diabetic sugar control, weight loss > 10%, and eliminating on average 70 units of insulin per day in only 1 - 3 weeks. An ongoing 5 year IU Health study of very low carbohydrate diets has shown after one year of treatment, tight sugar control (HbA1c <6.5%) was achieved in the majority of participants with fewer medications while losing weight, and without severe low sugar events requiring assistance. Triglycerides, HDL, liver enzymes, blood pressure, and the need for water pills also improved.

DeKalb Health has committed to covering the monthly cost of The IDM Membership Community for our benefit-eligible team members. It is a Do It Yourself (DIY) approach to weight loss, type 2 diabetes reversal, and prevention. If you choose to join IDM, you will receive access to weekly Q & A's, science videos, The IDM Community Forum, and other resources to help you achieve lasting better health. Sign up is easy, click on this link in your email: [IDM Program](#) and use the coupon code **dekalbhealth** to register for the program with NO CHARGE.

Best wishes,

James Ingram, M.D.
C.M.O. DeKalb Health