

CW Patient #1

William D. is a 73-year-old male with type 2 diabetes. When he started working with Community Wellness in April 2021, his blood glucose level was 268 and his diet did not provide enough nutrition.

Our clinical coach worked with William to educate him on the importance of good nutrition to improve his blood glucose levels and the necessity of taking his blood glucose measurements on a regular basis. He consistently monitored his blood glucose, improved his diet, and ensured he took his medications as prescribed.

In two months of working with his Community Wellness clinical coach, his blood glucose levels dropped 110% to 158 and he began seeing a nutritionist, referred to him by his PCP, who encouraged him to follow the Mediterranean diet. William reports that he is “feeling and doing good and actively working at the marina.” He also states that “the new, healthy diet has made a huge difference.”

CW Patient #2

Mary A. is a female aged 84 with hypertension. When she began working with a Community Wellness clinical coach, her systolic blood pressure was 131.10 and her energy levels were low.

Her clinical coach encouraged her to begin a walking routine and eat healthier. By utilizing the Harvard Healthy Eating Plate, the patient was successful in increasing her protein intake (which was very low). The increased protein gave Mary the energy she needed and she now walks 30 minutes or more per day, every day.

Two months after Mary began working with her coach, her systolic blood pressure dropped 21.7% to 109.4 and she is enjoying her new walking routine and increased energy levels.

Mary reports “I’m having fun with my daughter doing a walking challenge and I take my devices with me on vacation!”

CW Patient #3

Barbara L is an 87-year-old female with hypertension. When she began working with her Community Wellness clinical coach, her systolic blood pressure was 133.9 and she was struggling with Covid-induced isolation and loneliness.

Barbara’s clinical coach worked with her to create a healthy diet tailored to her tastes. Barbara had explained that she enjoyed exercise classes but that she could no longer attend them, due to Covid-19, so her coach helped her create a safe walking routine that she could enjoy instead. Her coach also suggested that she would benefit from taking her blood pressure in the morning, rather than in the evening.

She now exercises regularly and her mobility has improved. Additionally, as things returned to normal, Barbara was able to begin socializing again, which was an important part of her wellness. Her systolic blood pressure dropped 16% to 117.79.

Barbara reports that she is “getting her walk in every day and seeing friends again. Her weight is normal and she can still drive a little.”

CW Patient #4

Alfred G is a male, aged 70, with type 2 diabetes. When he first started working with a Community Wellness clinical coach, his blood glucose level was 157.5 and his diet was not conducive to improving his health.

Our clinical coach worked with Alfred to help him understand the value of great nutrition and adding exercise to his daily routine. His coach also encouraged him to take his vital signs regularly.

In two months, Alfred is now walking 10,000 - 15,000 steps per day and is improving his eating habits to better manage his diabetes. He is also following the evidence-based resources his coach provided to him.

Alfred says that he is “enjoying his vacation, even though he is following the healthy eating plan and walking a ton.” In addition, his blood glucose levels have dropped 50.4% to 107.1.