How can a Kannact Health Coach help me?

Our coaches work with you to set and achieve real, impactful goals personalized to you. Coaching often focuses on assessing your diet, nutrition, and weight loss strategies. The coach also helps with increasing your knowledge about your chronic condition, the importance of establishing positive social support, stress relief, and other factors that can affect your health outcomes.

How can my family help in the process?

Family and trusted friends are valuable resources for your health! Through this program they can be connected to your real-time information. They will receive alerts when your blood glucose readings are out of range on their phone or email. So, whether they live near or far, they can provide you additional support!

We offer Spanish-speaking health coaches

ENROLL TODAY

www.kannact.com/medone

support@kannactnow.com
Why is MedOne offering Kannact to me?

We know how overwhelming it can be to manage diabetes on your own. This is why the plan is offering this benefit at no-cost to members experiencing this struggle. Kannact’s service gives you the tools and support you need to better understand how to manage diabetes in your day-to-day life. We know that with better health, you can get back to living life to its fullest.

If I’m self-managing diabetes, why should I enroll in a program?

We all have busy schedules, and sometimes taking time for yourself and your health is left on the backburner. Diabetes, however, requires steadfast daily routines to stop or reverse negative trends in blood sugar levels. You face many care-related decisions as you self-manage every day. Kannact Health Coaches support you in incorporating healthy lifestyles into your daily routine and are there to help should an emergency happen.

What are the results we can expect with Kannact?

Participants—just like you—demonstrated exceptional progress after 12 months on the program. This includes a reduction in average blood glucose levels by more than 35 mg/dl, which is equivalent to a drop of 1 point in HbA1c (hemoglobin) levels.

How long is the program?

You have access to Kannact as long as you are covered on the MedOne pharmacy benefits plan. You can sign up anytime because enrollment is always open.

How does the glucometer send my readings?

Kannact sends you a Bluetooth glucometer that transmits readings over Bluetooth connection. If you’re out of network, the meter can store up to 900 readings that are then sent when the device has connection.

How many glucose test strips does it include?

Kannact gives you unlimited strips based on your usage. Kannact ships out supplies quarterly according to the amount of strips your doctor prescribed you. We’ll send you more strips within two weeks of your supply running out. No need to run to the pharmacy for emergency strips!

Why do they assign me a Health Coach?

Coaches are trusted allies and partners who are personally assigned to support and guide you in achieving your health goals. Kannact coaches are clinically trained, and they work with you on everyday barriers and challenges of living with diabetes.

Why are they asking about my medical history?

The Kannact program offers free coaching along with your glucometer, testing supplies, and tools to self-manage diabetes. Medical professionals run the program, and they need your medical history or lab data to help you design a plan for you to improve your health. This information is confidential, and we won’t sell or divulge any participant information to any unauthorized party.

What training does a Kannact Health Coach have?

Each coach has a bachelor’s degree from an accredited university and at least 2 years of experience in the healthcare industry before being hired. Once hired, coaches then study to become certified by the American Association of Diabetic Educators (AADE). Our Chief Medical Officer and Chief Pharmacist also design rigorous continuous education units to ensure that coaches can help you at their best potential.