



Diabetes Community of Care Resources

DIABETES EDUCATION PROGRAM

This Diabetes Education and Support Group is to provide a structured guide for how the Workforce Well-Being Team will provide diabetes education and support for Texas Children's (TC) staff engagement. The focus of these educational support sessions is to support TC employees who suffer from Prediabetes, and Diabetes (Type 1, Type 2 or Gestational).

Contact Daunte' Cauley at dxcauley@texaschildrens.org for more information.

WORKFORCE WELL-BEING HEALTH COACHES

One-on-one health coaching is an effective way to make significant behavioral health changes. Our Health Coach is a Registered Dietician that can help simplify the process of getting healthier.

Contact our Texas Children's Health Coach for your diabetes education needs:

Marne Keeler, mekeeler@texaschildrens.org

THE DENISE MEDINA EMPLOYEE MEDICAL CLINIC

Our Employee Medical Clinic offers full-service primary care that includes acute visits and a wide range of preventive care, while Employee Health provides services such as annual flu vaccine and immunization programs, treatment of workplace injuries and more. Available to all active Texas Children's employees. Utilize the Employee Medical Clinic for wellness consultations, and chronic disease management.

To schedule an appointment call: 832-824-2424.

MOVE YOUR OWN WAY PROGRAM

This program is dedicated to providing education, guidance, and support for Texas Children's employees interested in improving their physical fitness and overall health. Each class will cover a weekly topic and include a movement session class to help participants reduce tension, increase body awareness, and reach their weekly physical activity goals.

Contact Morgan Ford at mdford@texaschildrens.org for more information.

NOOM PROGRAM

The Workforce Well-Being Team is proud to offer Noom for free! Noom is a wellness app that uses the latest in psychology and behavioral science to empower people with the knowledge and skills they need to live healthier lives and hit their goals at their own pace.

Contact the Workforce Well-Being team at wellbeing@texaschildrens.org for more information.