

GlucoMenu®

Program

GlucoMenu® is a Diabetes Self-Management program with meal planning at its core. There are 365 days of new menus, recipes, grocery shopping lists, and complete nutritional breakdown. Menus adhere to ADA guidelines (evidence based program) with carbohydrate evenly distributed throughout the day. There is an exercise program for beginners, behavior modification component, as well as a subscription to the ADA's Diabetes Forecast magazine.

Outcomes

After 12 weeks, our Type 2 patients

- A1c decreased 3/4 percentage point (from 7.11 to 6.36)
- Lost 14.1 pounds

Return On Investment/ROI

Our very low cost preventative program offers substantial return on investment. For every percentage point drop in A1c, diabetes complications are minimized by 40%. As the patient loses weight, an added bonus is often reduction in diabetes medications and medications for co-morbidities (e.g. hypertension, hypercholesterolemia).

We offer group subscriptions for about the cost of a gym membership (price varies depending on features, population size, and customization). There is a one-time setup fee.

Model

GlucoMenu® is designed for those with Type 1, Type 2, and Pre-Diabetes. We provide an online and offline version of the program. The offline version is slightly more expensive (printing and distribution).

For More Information

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