

Press Release

NutriTutor to Take a Proactive Approach to Help Those Without Insurance

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Uninsured and self-insured people with type 2 diabetes face the challenge of paying high healthcare costs in a worsening economy. Adding to the burden, extra medical problems caused by diabetes commonly raise healthcare expenses to almost two and a half times the usual outlay, according to the Centers for Disease Control. Learning how to self-manage diabetes is one such expense that can cost upwards of \$800.00, contributing to the financial burden. Yet Boren et al identified that self-management training yields a significant return on investment, making it a critical component of diabetes treatment. Redmond, a spokesperson for NutriTutor™ explains, “NutriTutor.com stands in the educational gap for people with diabetes by using online technology to significantly reduce the cost of diabetes education while also improving the quality”.

NutriTutor.com, based out of Tampa, Florida, offers the world’s first online diabetes self-management training program; transforming the traditional ‘one size fits all’ lecture approach into customized interactive skills training. NutriTutor™ helps people with diabetes manage their glucose, weight, blood fats and blood pressure using customized meal plans, interactive lifestyle training, Registered Dietitian / Certified Diabetes Educator consultations and online support group participation.

According to Thomas Brown of Zephyrhills, Florida, “What I have learned (from NutriTutor™) and the practices I have put into place have allowed me to eliminate my two prescription drugs while keeping my glucose levels within normal and acceptable ranges 24 hours a day.”

Physicians prefer NutriTutor.com diabetes programs because they easily meet their standards of care while also giving patients their best chance at success. NutriTutor™ programs correct the common barriers to learning found in traditional diabetes classes. “Our members gain more than head knowledge. They practice new skills, are given months to get good at their new habits, and are offered ongoing social support. This translates into transformed health”, explains Van Wyckhouse, NutriTutor™ owner. Affordable quality medical nutrition training is fast making NutriTutor™ the first line of defense against type 2 diabetes for the diabetic community and physicians alike.

Boren SA, Fitner KA, Panhalkar PS; Specker, J. Costs and Benefits Associated with Diabetes Education: A Review of the Literature. *The Diabetes Educator*. 2009; 31 (1): 72-96.