

UPS Healthy Connections – Informed Choices in the News

An Excerpt from **MSNBC.com**

For Myrtha Suralie, keeping things rolling at UPS' New York sales office is no sweat, but keeping her diabetes in check during her pregnancy was another story. She was confined to a hospital bed her entire third trimester, with a blood sugar level of 400, almost four times as high as that of a healthy person, potentially life-threatening to her and her baby.

That was when she received a life-changing call from a health coach. "She told me that they would monitor me throughout the entire time of my pregnancy," Suralie recalled.

Suralie's weight shot up to above 200 pounds from 145 pounds during her pregnancy, a troubling sign for a patient of Type 2 diabetes, which is closely linked to obesity. Her health coach redesigned her diet and helped her stick to it by frequent counseling. Now she had given birth to a healthy baby boy, come back to shape and gone back at work.

Myrtha Suralie is sticking with coaching. "It makes me more upbeat and more relaxed, and everything is going good for you and you're able to produce more," she said.

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By Bertha Coombs

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