

The Cura Project is committed to supporting your financial and physical well-being.

## Why are people enrolling in the Cura Project?

Helps you control your diabetes instead of feeling controlled by it.

Reducing your financial stress often improves your health outcomes.

The Cura Project can open the door to better health for people with Type 2 Diabetes.



## How Do I Enroll?

Talk to your physician OR  
Call **402-717-3618** to make an appointment.

### The Cura Project

-  2412 Cuming Street, Ste 2017
-  [thecuraproject@creighton.edu](mailto:thecuraproject@creighton.edu)
-  402-717-3618



## THE CURA PROJECT

**Take control of your diabetes by taking control of your life**

## Marcie's Story

Shortly after she enrolled in the Cura Project, Marcie went to pick up her medications - only she couldn't because they cost \$200.

She called the Cura Project. They helped cut her costs in half by applying for prescription assistance and shopping at other pharmacies.

**The Cura Project partners with you to improve health and manage diabetes by focusing on your financial and physical well being.**

## Enroll in the Cura Project and receive the following at no cost:

- Financial education and coaching
- Healthy foods delivered to your home
- Health and wellness coaching
- A financial social work partner to optimize benefits and navigate resources



## Financial Success Program

**The Financial Success Program (FSP) is a year-long financial education and coaching program designed to help you find financial stability. The program includes:**

- In-person group financial education classes for 9 weeks; each class includes a family meal and childcare
- Personalized financial coaching for a year

**FSP's proven track record helps participants address immediate financial issues and provides tools and new skill sets in areas like:**

- Tracking expenses
- Saving for emergencies
- Repairing credit reports

## Food Pharmacy

**The food we eat is medicine for our bodies, especially for people living with type 2 diabetes.**

The Cura Project has partnered with a local grocery store to have healthy groceries delivered directly to your home every two weeks for 18 months. These healthy foods will include information on kitchen skills and various recipes.

Participation in the Financial Success Program and Health and Health and Wellness Coaching are required to receive the Food Pharmacy.

## Health and Wellness Coaching

One-on-one Health and Wellness Coaching will be available for six months to all those who have completed the Financial Success Program. Coaching will be tailored to each individual and may include, but is not limited to the following topics:

- Stress Management
- Physical Activity
- Alcohol/Tobacco Use
- Sleep Success
- Healthy Eating