



Be in Control of Your Diabetes with Brook

Managing your diabetes and keeping your blood sugar levels in a healthier range can, at times, be a balancing act. You may have questions about your diet and activity, especially between visits with your doctor or nutritionist.

For these reasons and more, Independent Health brings you **Brook, your personal diabetes assistant.**



Brook is **FREE** for Independent Health members. This benefit means you can receive expert guidance and personalized support for your diabetes, whenever and wherever you choose.



Personal. Uses a blend of diabetes experts and technology, offering personalized responses that make sense.



Smart. Brook learns what's working and what's not – then provides the guidance and support for all the daily decisions you have to make.



Supportive. 24/7 support for your diabetes.



Simple. Easy-to-use smartphone display.



Conversational. Community chat feature offers access to additional support and resources.



Connected. Captures data from any Bluetooth-enabled glucometer.

To get Brook now, visit www.brook.ai or download Brook for your Apple or Android devices.



You Deserve the RedShirt Treatment®

If you have questions, please call Member Services at (716) 631-8701 or 1-800-501-3439. TTY users can call (716) 631-3108.

