



Welcome to Onduo!

As two doctors, we are excited to have you as part of Onduo. Our team is here for you.

Since launching Onduo, we have learned a few tricks to help you succeed:



1. Download the app (please and thank you). This is the key to our program and our best way to stay in touch with you.

2. Send in the completed A1c blood test kit (or a picture of your latest results) – Don't be shy, let us know how your diabetes is doing right now! Based on your starting blood sugar (A1c), we can best connect you to the right resources. **Please complete your A1c kit; or, if you have a result from the past 6 months, please take a picture of it and send it to your Care Lead.** Please reach out if you have any questions.

3. Start using the glucose meter you received. We know a lot of people don't love to test their glucose levels, but this is a great way for our team to see how your blood sugar responds to different foods, exercise, and medicines. Even a few weeks of testing helps!

We are thrilled to have you as part of our program and we are excited to partner with you on this journey!

Yours truly,

Two handwritten signatures in blue ink. The first signature is 'J. Riff' and the second is 'R. Dixon'.

Joshua Riff, MD and Ronald Dixon, MD