



## **FOR IMMEDIATE RELEASE**

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### **MyCareTeam Teams up with Nationally Recognized Diabetes Nutrition Educator and Author Hope Warshaw to Offer *Nutrition Nuggets for Better Diabetes Control***

*Warshaw's articles to appear on MyCareTeam's website, providing practical advice for managing diabetes in our fast-paced, fast food world.*

**Acton, MA. – July 22, 2008** – MyCareTeam, Inc., a leading vendor of Internet-based diabetes management software, has announced that diabetes nutrition educator and best selling author Hope Warshaw, MMSc, RD, CDE, will author monthly articles in her *Nutrition Nuggets for Better Diabetes Control* column for MyCareTeam's diabetes software users. The articles will appear on exclusively on [www.mycareteam.com](http://www.mycareteam.com). The first article, published this month, is titled *After Eating Highs: Should You Be Concerned?* Future columns will address subjects such as: accurate carb counts for restaurant foods, how to easily eat more fiber and whole grains, and tips to fix and eat quick and healthy meals.

"We are thrilled to have Hope Warshaw working with us." said Jim Mingle, CEO of MyCareTeam. "Hope's unrivaled expertise in diabetes nutrition management and her down to earth approach will be extremely useful to our user community."

#### **About Hope Warshaw**

Hope Warshaw, MMSc, RD, CDE is a nationally recognized and respected dietitian and diabetes educator who applies more than twenty-five years of expertise in her work as an author and freelance writer, consultant and diabetes educator. Hope often counsels people referred to her through Georgetown University Medical Center's diabetes center directed by Dr. Steve Clement. Dr. Clement is a Founder & Chief Medical Advisor at MyCareTeam Inc. Hope offers practical solutions to healthier eating, whether for one person through individual counseling or millions through various communication vehicles.

#### **About MyCareTeam, Inc.**

MyCareTeam, Inc. was founded to provide software offerings that are designed to help people with diabetes to collaborate and manage their illness while reducing overall healthcare costs. The company's diabetes offering, MCT-Diabetes, has been successfully used for over five years by patients, doctors and nurses to dramatically improve the health and wellness in people with diabetes and reduce overall healthcare costs. MyCareTeam is headquartered in Acton, Massachusetts and the company's website is [www.mycareteam.com](http://www.mycareteam.com).



MyCareTeam recently announced integration of MCT-Diabetes with Google Health. Google Health allows consumers to enter and maintain their own basic medical data and electronically send that information to system which are connected to Google Health. MyCareTeam's diabetes management software, MCT-Diabetes, integrated with Google Health, will allow consumers to securely transfer diabetes related information to and from the Google Health medical data repository. The data can be transferred to any other medical applications that are also integrated with Google Health.

MCT-Diabetes is available directly from MyCareTeam on a monthly or annual subscription membership basis. Visit the company's website at [www.mycareteam.com](http://www.mycareteam.com) for more information.

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