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News Release



GET REWARDED FOR IMPROVING PERSONAL WELLNESS WITH CASH AND FREE PROFESSIONAL CARE

San Francisco, November 21, 2012 –People with diabetes, their families, and others are invited to participate in a wellness program that allows participants to track their physical activity, nutritional habits, and health metrics in exchange for the chance to win cash prizes, Dance Out Diabetes merchandise, or individual time with a Certified Diabetes Educator.

The Cash and Care for Wellness program, beginning earlier this year, is offered by the nonprofit, Dance Out Diabetes, along with the generous support of the AnyWare Group and Novo Nordisk. This Wellness Program, significantly enhanced by a recently awarded \$20,000 grant from Novo Nordisk, is a virtual program anyone with computer access can utilize. Participants create an online account within a secure patient portal and decide which health markers are important for them to track over time. These markers may include activity levels, A1C, blood pressure, cholesterol, weight, and diet information.

Point values are allotted to daily entries of health markers and are managed in the online patient portal. At the end of each month, final points are tallied, and cash,

merchandise, and care prizes are distributed at the dance and health screening event Dance Out Diabetes holds every second Saturday at the African American Art & Culture Complex in San Francisco.

The online patient portal also includes free access to Natural Standard, a high-quality, evidence-based library on complementary and alternative therapies, with databases on nutrition, herbs and supplements, medical conditions, sports medicines, brand names, and interactive tools such as symptom checker, interactions checker, medical dictionary and calculators. This is not available to the general public but is free to Dance Out Diabetes wellness program participants. The Wellness Program also offers a library of free information on diabetes, nutrition, exercise, and other dimensions of wellness, including a monthly Preventing Diabetes Complications curriculum to encourage and support its users.

For more information or to sign up for the Dance Out Diabetes Cash and Care for Wellness Program, visit the Dance Out Diabetes www.danceoutdiabetes.org or contact Theresa Garnero at 1-877-765-4386.

About Dance Out Diabetes

Dance Out Diabetes is an innovative, structured exercise dance program that includes health screenings and several types of dances for all people with diabetes, and their friends and family. Primarily a volunteer-run organization, Dance Out Diabetes aims to prevent and manage diabetes through dance, increase access to health care, education and ongoing support. Participants interact with onsite certified diabetes educators who perform ongoing health checks, and get individual education, resources, and our referral program to local primary care providers or health care facilities. Founded by renowned diabetes nurse educator and award winning author, Theresa Garnero, the vision of Dance Out Diabetes is to have FUN while managing health through dance and education in a relaxed and informal setting. Check out www.danceoutdiabetes.org for in-depth details.

About Novo Nordisk

Headquartered in Denmark, Novo Nordisk is a global healthcare company with 89 years of innovation and leadership in diabetes care. The company also has leading positions within hemophilia care, growth hormone therapy, and hormone replacement therapy.

For more information, visit novonordisk-us.com.

About AnyWare Group, Inc.

AnyWare Group, Inc. is committed to delivering advanced technology solutions for today's healthcare challenges. AnyWare Group's ROAM platform enables the leaders of healthcare organizations to provide a single secure access point for healthcare systems, shorten hospital wait times, deliver consistent health information and services regardless of geography, and improve physician efficiency. For more information, visit

www.anywargroup.com