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OUR WAY

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Wellness Wins – Roger Chamblee Overcomes Health Setback With Wellness

Seven months after surviving a medical emergency, Machine Shop employee Roger Chamblee is sharing how the guidance and encouragement he received from his medical providers and ACIPCO's Wellness team have helped him dramatically improve his health.

Sometimes, it takes a life-changing event to shift our perspective on the decisions we make daily and empower us to change our habits. Roger said that after many years without exercising and consuming highly processed foods, the consequences of his choices landed him in the ICU during a summer heat wave in 2024.

"There I was, drinking Mountain Dew and eating potato chips during the heat wave," Roger said. "I had gone to the doctor for a checkup to see about my cholesterol, and I had noticed my vision was a little blurry. The doctor ran some additional tests and said my blood sugar was 585, my A1C was 11.5 and I was dehydrated. I was lucky to not be in a diabetic coma or dead."

After discussing his results with the doctor, Roger was asked to remain at the hospital for observation. Roger said his daughters were at home, and he hated the thought of having to be away from them for that long, but he needed to prioritize his health so he could take care of his family. While at the hospital, he was diagnosed with Type 2 diabetes.

"I was thankful to have been in the right place at the right time, and I know God was watching out for me," Roger said. "After thinking it over for a few days, I realized I had not been prioritizing my health, and I wanted to set a good example for my kids. I have a 6-year-old and two older daughters who count on me to take care of them."

Roger immediately took action to improve his health. A co-worker told him about the [Active & Fit](#)

[Direct](#) gym membership available through Wellness, and he began incorporating regular exercise into his weekly routine. Another change he made was consuming healthier foods and drinks, such as avocado and green tea, and limiting his intake of processed foods.

"Many people are still not aware of all the benefits ACIPCO and Wellness have to offer," he said. "I took advantage of the gym network discount and taught my 6-year-old daughter to swim, and now she exercises with me. It was an opportunity to teach her how important it is to make time for fitness."

To track his progress toward meeting his health and fitness goals, Roger registered for the [Diabetes Today](#) program and logged his blood sugar, blood pressure, A1C and weight with Wellness. As part of the program, he received diabetes supplies and a glucose meter, and attended monthly sessions to gain insight into nutrition and lifestyle strategies he could adopt to support his efforts. By the end of 2024, Roger reported he had dropped 40 pounds, lowered his A1C from 11.5 to 5.6 and no longer needed blood pressure medication.

"Attending monthly sessions with Registered Dietitian and Certified Personal Trainer Sarah Smith and Wellness Manager Angie Coffield encouraged me to be accountable for my health by keeping track of my meals and exercise each week, and they continue to offer me guidance on my Wellness journey," Roger said. "ACIPCO takes care of its people."



Machine Shop employee Roger Chamblee and his six-year-old daughter Maggie Grace.