



PREVENTION

**YOU CAN DO IT. YOU CAN PREVENT
TYPE 2 DIABETES.**

DIABETES PREVENTION PROGRAM

**The program that helps prevent
or delay type 2 diabetes.**

Type 2 diabetes threatens 1 in 3 Americans, and 90 percent of these people don't know they're at risk.¹ Now a new program provides proven, community-based classes to help prevent the disease.

The Diabetes Prevention Program focuses on prediabetes. At this early stage, blood sugar levels are elevated but not so high they can't be lowered. Lifestyle changes are the key. By taking practical, everyday steps, you may reverse prediabetes and avoid type 2 diabetes, and associated dangers such as heart attack, stroke, blindness and even amputation.

PROVEN SUCCESS

“ For me, the ‘uh oh’ moment happened when I got a letter from my health plan telling me I had prediabetes. I knew I had to make some changes. I wanted to lose weight for a long time, but I just couldn't seem to stick with it on my own. Through the Diabetes Prevention Program, I lost 20 pounds, more than what was recommended. The most important part was support from other participants. We were all cheerleaders for each other. This is forever. I can't wait to travel and spend more time with my grandkids. ”

- Jackie H., Minnesota

NOTME.COM

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PROGRAM GOAL

Losing seven percent of your body weight is the goal. That may be enough to reverse prediabetes and lower your risk of developing type 2 diabetes.

NO ADDITIONAL COST

For most people, the program is available at no additional cost as part of their health insurance plans.

GROUP SETTING

You're not alone. Group support helps participants feel inspired and stay motivated. Together, you can learn how to successfully adopt healthy new behaviors.

DAILY ACTIVITY

Expecting a big workout? Don't worry. Thirty minutes of moderate activity most days of the week is enough. Even short walks are effective.

HEALTHY EATING

Smarter choices at mealtime are critical. Your coach will show you new options for healthier, delicious meals, particularly those that reduce fat intake.

To determine your eligibility, enroll or find local classes and screening events near you, call us toll-free or visit our website. Make today the day you start telling diabetes, "NOT ME."

¹ Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

² New England Journal of Medicine, Vol. 346, No. 6 (2002)

PROGRAM HIGHLIGHTS

Available as part of your health benefits, the Diabetes Prevention Program includes:

- 16 lifestyle coaching sessions
- Nutrition counseling
- Private weekly weigh-ins
- Detailed program handbook
- Convenient locations
- Follow-up monthly maintenance

CLINICALLY TESTED

Your risk of developing type 2 diabetes can be reduced by almost 60 percent. If you're over the age of 60, your risk can be reduced by 70 percent. Lifestyle changes have been found to be more effective than medication.²

TRAINED LEADERS

Specially trained coaches lead the small group sessions and work closely with participants for active problem-solving and individual goal-setting.

ESSENTIAL TOPICS

In 16 sessions, your classes will cover a wide range of topics: Tipping the Calorie Balance, Four Ways to Healthy Eating Out, Ways to Stay Motivated and much more.

The information provided through these programs is for educational purposes only as a part of your health plan and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided through these programs is right for you. Your personal health information is kept private in accordance with your plan's privacy policy.

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