

## Julie's Story— Making the Healthy Choice

### An unsettling discovery

Julie was startled when her employer screening event at her work showed she had a high risk for diabetes. Determined to make some changes, she enrolled in the Diabetes Prevention Program.

### Believing in herself

“The hardest part for me in starting the program was believing in myself to actually do it,” says Julie. “The coaches were very supportive and provided great strategies. It’s definitely a lifestyle change, not a diet and exercise program.”

### A new, healthier life

Julie’s health numbers are now normal and she has lost 111 pounds! Julie is thrilled at what she has accomplished. She says she feels ready to try activities she would have only dreamed about doing before she enrolled in the program.

### Diabetes can take away your independence – take steps to prevent it!

The Diabetes Prevention Program (“DPP”) could be available to you at no additional cost as part of your health plan. Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your health plan’s privacy policy and applicable law.

The information provided through the DPP is for informational purposes only and is not a substitute for your doctor’s care. Rapid weight loss may cause serious health problems. Individual results from participation in the DPP may vary. Please discuss with your doctor how the information provided through this program is right for you.

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## Take these easy next steps

- Is your blood value in the Prediabetes (Reversible) Zone?  
 YES  NO  
-OR-  
Did you score 9 or higher on the Risk Quiz?  
 YES  NO
- Do you have a body mass index (BMI) of 25 or higher? You qualify if you weigh more than the weight listed on the chart.  
 YES  NO
- If you answered YES to both #1 and #2, call 1-800-237-4942 to enroll today!

| HGT    | WGT |
|--------|-----|
| 4' 10" | 129 |
| 4' 11" | 133 |
| 5' 0"  | 138 |
| 5' 1"  | 143 |
| 5' 2"  | 147 |
| 5' 3"  | 152 |
| 5' 4"  | 157 |
| 5' 5"  | 162 |
| 5' 6"  | 167 |
| 5' 7"  | 172 |
| 5' 8"  | 177 |
| 5' 9"  | 182 |
| 5' 10" | 188 |
| 5' 11" | 193 |
| 6' 0"  | 199 |
| 6' 1"  | 204 |
| 6' 2"  | 210 |
| 6' 3"  | 216 |
| 6' 4"  | 221 |

### If you don't know your blood glucose test number:

- Call your doctor. Your doctor may have a recent blood test number for you. You can qualify for the program if you have a blood test taken in the past year.
- Set up an appointment to have a blood glucose test taken. This is an annual covered benefit.



**1-800-237-4942**

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## Diabetes Prevention Program

A program to help you you lose weight and prevent type 2 diabetes.

1 out of 3 adults are at risk of developing type 2 diabetes and most don't even know it.<sup>1</sup>

The Diabetes Prevention Program offers health coaching sessions to help you lose weight and prevent diabetes so you can live a longer, healthier life.

**Are you at risk? Take the quiz inside!**

## Prediabetes on the Rise

Prediabetes is when you have higher blood sugar levels than normal but not yet high enough for you to be diagnosed with the diabetes disease. Once blood sugar levels become too high and diabetes develops - it cannot be reversed.



1 out of 3 adults has prediabetes<sup>1</sup>

1 out of 2 over the age of 60<sup>1</sup>

**90% don't even know they have it**

### A proven program to stop the progression.

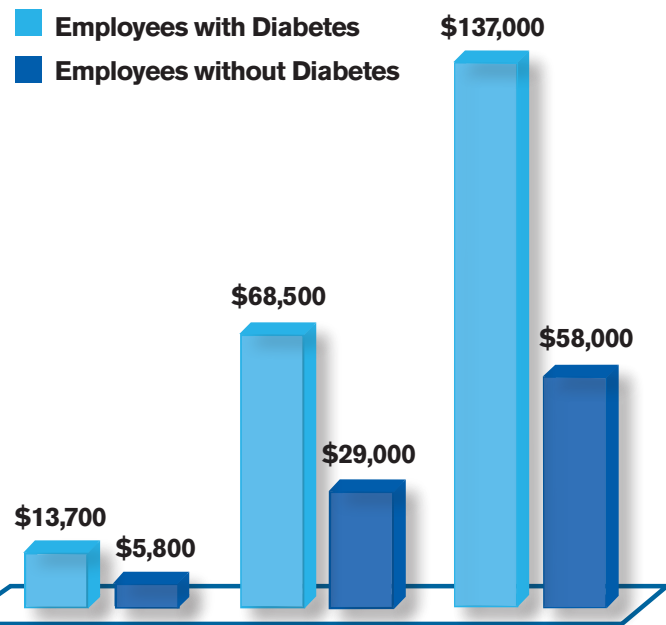
The good news is, prediabetes can be reversed through healthy lifestyle changes. The Diabetes Prevention Program helps adults who are at risk make healthier choices to prevent diabetes. The program is led by a trained lifestyle coach with content approved by the Centers for Disease Control and Prevention (CDC).

## Lower your risk and save on health care costs.

If you have prediabetes you may be at risk for higher out-of-pocket health care costs, especially when you consider associated conditions like high blood pressure, kidney failure, stroke and blindness.

Diagnosed diabetics incur about \$13,700 on average in annual medical expenditures; \$7,900 attributed directly to diabetes. Diagnosed diabetics, on average, have medical expenditures approximately 2.3 times higher.

### Cost of Diabetes Comparison<sup>3</sup>



### National Costs of Diabetes<sup>3</sup>

The cost of diabetes and associated conditions has put a strain on national health care costs. In 2013 the estimated cost of diagnosed diabetes was \$245 billion, up from 174 billion in 2007—that's a 41% increase.

## Learn your risk of developing type 2 diabetes.

| Y | N | QUESTION  |
|---|---|---|
| 1 | 0 | Are you a woman who had a baby weighing more than 9 pounds at birth?  |
| 1 | 0 | Do you have a sister or brother with diabetes?  |
| 1 | 0 | Do you have a parent with diabetes?   |
| 5 | 0 | Find your height on the chart to the right.<br>Do you weigh more than the weight listed for your height? (see chart to the right) |
| 5 | 0 | Are you younger than 65 years of age and get little or no exercise in a typical day?  |
| 5 | 0 | Are you between 45 and 65 years of age?   |
| 9 | 0 | Are you 65 years of age or older?   |
|   |   | ◀ <b>TOTAL</b> Add up your score and see below.   |

| HGT    | WGT (lbs) |
|--------|-----------|
| 4' 10" | 129       |
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### About Your Score

**9 or more points:** High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle change programs, like the Diabetes Prevention Program.

**3 to 8 points:** Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

### Blood Glucose Tests

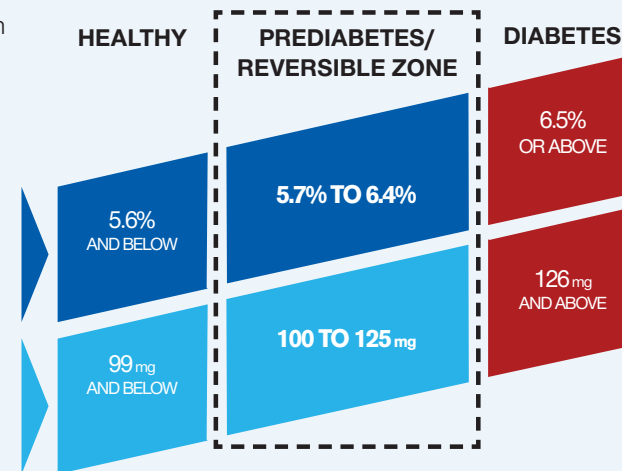
A blood glucose test can help determine if you qualify to participate in the Diabetes Prevention Program. To participate in the program your blood value must fall in the PREDIABETES/REVERSIBLE ZONE. Or you can also qualify by scoring 9 or higher on the Risk Quiz.

#### A1C TEST

The A1C is a test to find out if you have prediabetes. A1C shows the average amount of glucose (sugar) in the blood over the past 3-4 months.

#### FASTING PLASMA GLUCOSE TEST

The fasting plasma glucose test measures the amount of glucose in your bloodstream at a point in time after you have not eaten any food.



## Take the first step to a healthier you!

Enroll in the Diabetes Prevention Program and take advantage health coaching sessions available at convenient community locations near you.

Specially trained coaches will work closely with you to achieve goals and get past roadblocks. And you won't be alone—small group support will provide inspiration and motivation to help reach your goals.

### Program Highlights:

- 16 weekly health coaching sessions followed by 8 monthly sessions
- Learn healthy eating habits, light physical activity, motivation techniques and stress management
- Customized to fit your needs and body type
- Free workbook and tools to track your progress
- Content approved by the Centers for Disease Control and Prevention (CDC)

### The Goal:

- Lose 5-7% of your body weight
- Prevent diabetes and associated conditions like high blood pressure, stroke and kidney failure.

### Results:

- The program has shown to reduce the number of type 2 diabetes cases up to 58%. For those over 60, it can reduce the number of type 2 diabetes cases up to 71%.<sup>2</sup>
- Even more effective than taking medication, like metformin<sup>2</sup>

<sup>1</sup> Centers for Disease Control and Prevention - 2014 National Diabetes Fact Sheet

<sup>2</sup> New England Journal of Medicine, Vol. 346, No. 6 (2002)

<sup>3</sup> ADA: Economic Costs of Diabetes in the U.S. March 2013