

3 STEPS TO

Join the National Diabetes Prevention Program (National DPP) Lifestyle Change Program



1



Talk to your health care provider about prediabetes and how the lifestyle change program can help you prevent type 2 diabetes.

2



Call or visit us online for more information!

3



Sign up for the lifestyle change program and start making healthy changes today.

Am I Eligible for the National Diabetes Prevention Program (National DPP) lifestyle change program?



To enroll in the lifestyle change program you must:

- Be 18 years or older
- Be overweight (body mass index above 25, or 23 if you are Asian)
- Have **NOT** been diagnosed with type 1 or type 2 diabetes
- **NOT** be pregnant

In addition, you must meet ONE of the following criteria:*

- Have had a recent blood test in the prediabetes range, which includes one of the following tests and results:
 - Hemoglobin A1C: 5.7–6.4% or
 - Fasting plasma glucose: 110–125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
- Have received a result of high risk for type 2 diabetes on the [Prediabetes Risk Test](#).
- A doctor previously diagnosed you with gestational diabetes.

*If you are enrolling in a program covered by Medicare, you must have had a recent blood test in the prediabetes range.