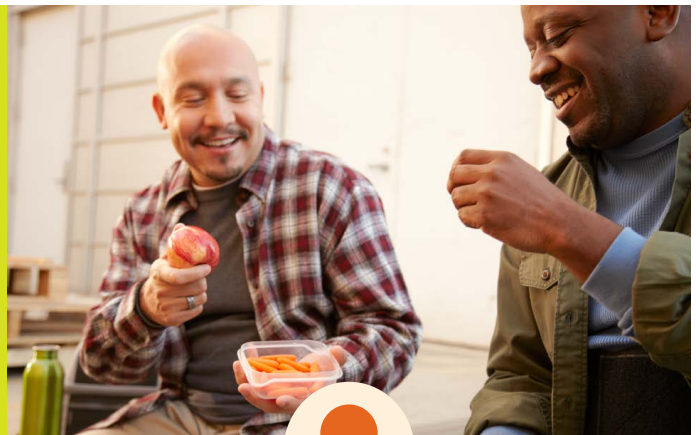


BE PROACTIVE

Having prediabetes means you are at risk for getting type 2 diabetes. Lifestyle changes can reduce your risk by almost half.



Understanding Prediabetes – Webinar

What is prediabetes? What's an A1c of 5.7 or higher mean? Learn more – and about how lifestyle changes can make a difference to your health. Join a registered dietitian and other class attendees in a supportive setting online.

1 session, 1 hour

Free for Kaiser Permanente members

To register for the live, interactive version of the webinar, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Preventing Diabetes Program

Do you have prediabetes (HbA1c of 5.7-6.4%) **and** a BMI of 25 or more? The Preventing Diabetes Program can help you reduce your risk of developing type 2 diabetes. It is based on the Centers for Disease Control Diabetes Prevention Program. Our program can help you lose weight, improve your HbA1c, stay active, and prevent diabetes. Preventing Diabetes Program is taught by a registered dietitian. Your group meets weekly for 6 months, and then monthly for the next 6 months. You will learn about healthy eating, increasing activity, meal planning, and finding healthy ways to deal with stress. It's all in a supportive environment, to help you successfully reduce your risk of developing diabetes.

This is a 1-year program. It consists of weekly sessions for 6 months, followed by monthly sessions for 6 months.

Members \$160

Nonmembers \$200

Free for Senior Advantage members who have prediabetes

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Want to know more?

- Go to kp.org/healthengagement/prediabetes.

Community Diabetes Prevention Programs

If you're at high risk of developing type 2 diabetes, you can reduce your risk almost by half by following a healthy lifestyle. In these programs, a trained lifestyle coach guides discussions that include healthier eating, starting physical activity, overcoming stress, staying motivated, and more.

For information about community programs, please go to:

- ymca.net/diabetes-prevention/
- cdc.gov/diabetes/prevention

