



Preventing diabetes

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

For adult Kaiser Permanente members with prediabetes

Learn about lifestyle changes that can help prevent diabetes.

This group webinar is led by a registered dietitian. It's your opportunity to learn more about what exactly prediabetes is. You'll discuss some lifestyle changes that can help prevent diabetes. Make a difference to your health and find out about resources that can benefit you.

1 session, 1 hour

No fee for Kaiser Permanente members

Materials and resources will be shared with you after you attend the webinar.

To register, sign on at kp.org/appointments. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

Preventing Diabetes Program – webinar

For Kaiser Permanente members with prediabetes (HbA1c 5.7-6.4%) and a BMI (body mass index) of 25 or more

Learn about healthy eating, increasing activity, meal planning, and finding healthy ways to deal with stress.

This program can help you lose weight, improve your HbA1c, and stay active. It is based on the Centers for Disease Control Diabetes Prevention Program. Our online program is taught by a registered dietitian in a supportive group setting. Get help to successfully reduce your risk of developing diabetes.

18-20 sessions, 75 minutes each, then monthly sessions with a health coach for 6 months

No fee for Kaiser Permanente members

Note: Offerings are limited.

To register, please call **503-286-6816** or **1-866-301-3866** and select option 2.

Community Diabetes Prevention Programs

For people at high risk of developing type 2 diabetes

Reduce your risk by following a healthy lifestyle.

In these programs, a trained lifestyle coach will guide discussions about healthier eating, starting physical activity, overcoming stress, staying motivated, and more.

For more information about community programs, please go to:

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



Want to know more?

- Visit kp.org/healthengagement/prediabetes.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 49.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Topics include pregnancy and early parenting. *Calm* is for relaxation, sleep, and dealing with emotions – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.