



Preventing diabetes

# Be proactive

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

## Understanding Prediabetes – webinar

### For Kaiser Permanente members 18 and older 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](https://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.

## 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](https://ymca.net/diabetes-prevention)
- [cdc.gov/diabetes/prevention](https://cdc.gov/diabetes/prevention)





### Want to know more?

- Strategies for Healthy Living can help you learn about lifestyle changes that can help prevent diabetes. See page 14.
- Visit [kp.org/healthengagement/prediabetes](https://kp.org/healthengagement/prediabetes).
- Find programs and services near you at [kp.org/communityresources](https://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](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

\*Only available to Kaiser Permanente members with medical coverage.