



PREVENT TYPE 2 DIABETES

Prevent Type 2 Diabetes before it starts: Take advantage of the no cost resources from your health plan today.

Did you know that one in three people are at risk for developing type 2 diabetes?

More than 86 million Americans have prediabetes - and most don't even know it. Prediabetes means that blood sugar levels are higher than normal, but not high enough to be classified as type 2 diabetes.

Certain factors can increase the risk of developing diabetes or prediabetes: weight (having a BMI of 25 or more), age (being 40 or older), family history (having a parent or sibling with diabetes), ethnicity (being of Hispanic or African American origin), and physical activity level (being sedentary).

The good news is that prediabetes can be reversed! And your health plan has resources that can help you if you are eligible for the services.

Blue Shield of California Members

Diabetes Prevention Program (DPP) which includes:

- Access to a personal health coach
- Tools like wireless scales or activity trackers
- Free weight loss programs like Weight Watchers

Kaiser Permanente Members

- Diabetes Prevention Management 2-Hour In-Person Class
- Healthy Weight In-Person, 6-Session Class
- Diabetes Prevention 2-Hour Webinar
- Online Healthy Weight 6-Week Class
- Over-the-Phone Wellness Coaching

United Healthcare Members

Real Appeal includes:

- A personalized coach for a year
- 24/7 online support and mobile app.
- A success kit (blender, scale, resistance band, etc.)

VSP

- Routine Eye Exams can detect early stages of retinopathy associated with pre-diabetes. Finding this early can prevent more damage.

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Blue Shield of California Members:

Make lasting lifestyle changes with the new Diabetes Prevention Program. Simply take a short quiz to find your risk level. If you qualify, you're ready to begin. When you enroll, you get to choose the type of support you prefer, in-person, online or even through a smart phone. To help you reach your goal, the Diabetes Prevention Program typically offers:

- Access to a personal health coach
- Easy tips
- Tools like wireless scales or activity trackers

If you are eligible, programs you can select may include: Weight Watchers, Healthslate, Jenny Craig, Noom, Retrofit, Skinny Gene Project, and more!

It only take 1 minute to see if you're eligible to take part in the program

1. Visit <https://www.solera4me.com/shield>
2. Answer a handful of questions
3. Discover your risks for diabetes
4. Select the program you prefer
5. Start the path to a healthier you

For more information, call 844.206.3730 or email support@solera4me.com

Kaiser Permanente Members:

To focus on diabetes prevention, we offer classes in different modalities for our members' convenience:

Face-to-face

- Diabetes Prevention 2-Hour Class: book online <https://kp.org/appointments>
- Healthy Weight classes (6 sessions): Find services near you at <https://kp.org/mydoctor/healthyweight>

Online

- Diabetes Prevention Online 2-hour Class (via Webex): Have your clinician staff book yours or call the local Health Education Center. Find the number here: <https://mydoctor.kaiserpermanente.org/ncal/mdo/prediabetes/learn.htm>
- Healthy Weight 6-Week Online Class <https://thrive.kaiserpermanente.org/care-near-you/northern-california/northvalley/health-resources/healthy-weight/classes-support-groups/healthy-weight-online-class-series/>

Over-the-Phone

- Wellness coaches can help you make lifestyle behavior changes around healthy eating, physical activity, and weight management. Call (866) 862-4295 for an appointment.

City Plan & United Healthcare Members:

Real Appeal

Real Appeal can help you lose excess weight and reduce your risk of developing chronic conditions like diabetes and cardiovascular disease. This is a new benefit as of 2018 that comes with no additional cost to you. Go to uhc.realappeal.com to determine if you are eligible for this program.

1. A personalized transformation coach for an entire year. The *Online Virtual Coaches* guide participants through the program, step by step, customizing it to fit their needs, personal preferences, goals and medical history.
2. 24/7 online support and mobile app.

3. A Success Kit. All the gadgets participants need to help kick-start their weight loss and keep them going strong will be delivered to their door after they attend their first group coaching session. It includes these helpful tools:
 - Personal blender, digital food scale, "perfect" portion plate
 - Resistance band, exercise DVDs
 - Electronic body weight scale,
 - And more

Questions? Call 844-344-REAL or email support@realappeal.com.