



Take control. Get support. Prevent diabetes.

Participate in a diabetes prevention program

One in three adults have prediabetes or are at risk to develop type 2 diabetes, yet only 20% are aware of their risk. You can improve your health and your life with our free* diabetes prevention program. It's a proven way to reduce your risk of developing type 2 diabetes by up to 58% (71% for people over 60 years old).**

What is DPP?

The National Diabetes Prevention Program (DPP) is an evidence-based structured lifestyle change program for adults over age 18. Through a year-long program, participants learn to make lifestyle changes to reduce their risk for type 2 diabetes. A trained lifestyle coach works with groups of participants to:

- ✔ Lose 5–7% of their starting body weight and adopt healthy eating habits
- ✔ Increase your weekly exercise
- ✔ Learn to recognize and overcome barriers to healthy eating and physical activity
- ✔ Lower medication usage
- ✔ Decrease risk for other chronic disease conditions like heart disease, stroke and kidney disease



1 in 3

adults have prediabetes
or are at risk to develop
type 2 diabetes



Reduce your risk of
developing type 2
diabetes by up to

71%

continued>

*No cost to most members. Some employer groups may apply a small copay. Call Customer Service to find out if a preventive copay applies under your employer's plan.

**Source: Centers for Disease Control and Prevention/National Diabetes Prevention Program

Who's eligible?

If you're a Priority Health member, age 18 or older, with a body mass index (BMI) over 25 and you're diagnosed with pre-diabetes or at risk for developing diabetes, you're eligible for this prevention program.

Get started today

You have one of two options to participate in this lifestyle change program:

- 1 A digital journey with our partner Omada from the comfort of your own home
- 2 Or in-person sessions where you can participate in a class with a supportive group environment

Visit priorityhealth.com/prevent-diabetes for more information on each option and to learn if this program is right for you.

Questions? Contact our customer service team by calling the number on the back of your member ID card or visit priorityhealth.com and click Contact us.

Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).

ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711).