

# DIABETES PREVENTION PROGRAM



The Diabetes Prevention Program (DPP) is a year-long lifestyle change program designed to cut your risk of developing Type 2 diabetes by 58%.

## WHAT ARE THE BENEFITS OF THE PROGRAM?

- Learning healthy eating and physical activity habits
- Stress management
- Learning how to integrate your health into your daily life

## WHO QUALIFIES:

- If you have prediabetes
- If you have an A1c of 5.7–6.4%
- BMI of >25

## HOW DO I SIGN UP?

Ask your provider about getting a referral placed to the Diabetes Prevention Program!