

HealthChoice Diabetes Prevention Program



Dear Members,

We wanted to share some exciting news with you! Jai Medical Systems Managed Care Organization, Inc. is offering a Diabetes Prevention (DPP) Program for all qualified members at no cost for you!

What is the Diabetes Prevention Program?

The Diabetes Prevention Program is a lifestyle change program where you will learn, share, and try new things, all while developing new habits and improving your health. Classes are led by a trained lifestyle coach who will help you learn new skills and help you set and meet important health goals. This program provides you with the support and tools to lose weight, create healthy habits, while reducing the risk of diabetes.

What is Diabetes?

Diabetes is a disease in which your blood glucose, or blood sugar levels, are too high.

Am I **at risk** for developing Diabetes:

1 in 3 U.S adults has prediabetes. You may have prediabetes and be at risk for type 2 diabetes if you:

- Are over 18 years old
- Are overweight or obese
- Have an elevated blood glucose level or a history of gestational diabetes



I may be at risk for Diabetes. What should I do?

Talk to your doctor and take these simple steps:



- Learn more about your risk for Diabetes.
- Start making small steps that can make a big difference in preventing Diabetes.
- Talk with your doctor about blood tests for Diabetes.
- Enroll in one of our **Diabetes Prevention Programs**. You have the choice to participate in one of the two programs:
 - **Online through Omada Health via <http://omadahealth.com/jaimedicalsystems>.**
 - **Distance Learning/ In-person through Continuum Wellness Center via www.mycontinuumwellness.com**



Call our Customer Service Department at 1-888-JAI-1999 to learn more about the DPP Program.