

Take control. Get support. Prevent diabetes.

PriorityHealth 



Participate in a diabetes prevention program

One in three adults have prediabetes or are at risk to develop type 2 diabetes, yet only 10% 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 71%.**

What is DPP?

The National Diabetes Prevention Program (DPP) is an evidence-based structured lifestyle change program for adults over age 18. Through 16 weekly sessions and 6 monthly sessions, 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 to at least 150 minutes per week
- 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

Who's eligible?

If you're a Priority Health member 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.



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Reduce your risk of developing type 2 diabetes by up to

71%

*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.***

The program meets for 16 weekly one-hour sessions, then monthly for continued support the remaining six months.

**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*