

Diabetes CAN be prevented.

DiabetesFreeNC.com can help.

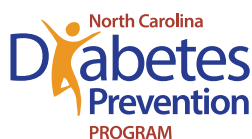
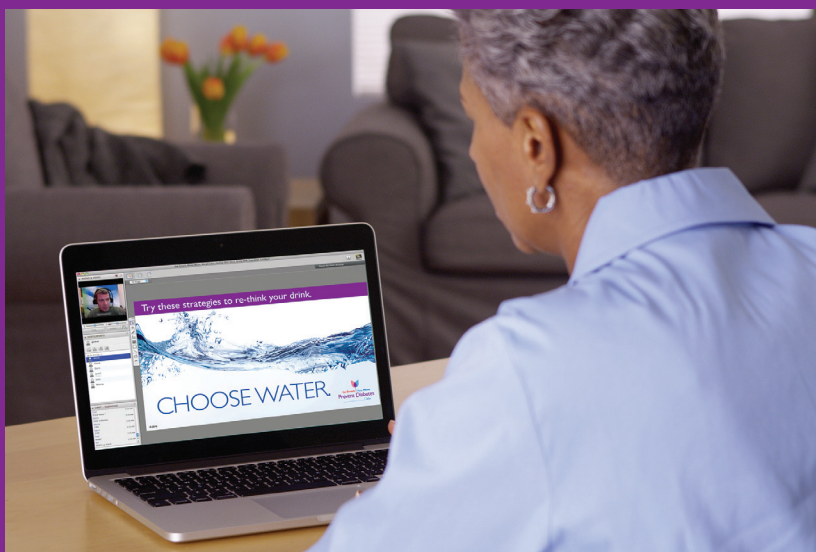
DiabetesFreeNC.com offers proven lifestyle change programs across the state of North Carolina to prevent or delay type 2 diabetes.

If you have prediabetes, a diabetes prevention program can help you decrease your risk for developing type 2 diabetes. All programs offered at DiabetesFreeNC.com are one year long and approved by the Centers for Disease Control and Prevention. A trained lifestyle coach leads 16 or more one-hour classes over the first six months, followed by six or more maintenance classes over the next six months.

During the 12-month program you will:

- Be empowered to make healthy eating and physical activity choices
- Learn strategies to achieve and maintain a healthy weight
- Identify ways to manage stress
- Implement strategies to stay motivated
- Receive support from other participants working on similar goals

Choose an ONSITE or ONLINE program.



The **ONSITE PROGRAM** is offered in selected counties across North Carolina by providers located

in the community, often in YMCAs or local health department facilities. Classes include some discussion and physical activity. You will also receive personalized support outside of class from the instructor.



The **ONLINE PROGRAM** is delivered in a real-time, online format, so you see and hear your instructor in a

live session. You interact with your instructor and other class participants during the session. Your instructor also works with you outside the group session through individual communication using a secure, online portal.

For more information or to register for an upcoming onsite or online program, go to DiabetesFreeNC.com

How much does a diabetes prevention program (DPP) cost?

- Check with your health insurance provider to see if DPP is a covered benefit.
- If you are uninsured or underinsured, you may be eligible for a discount.

Are you ready to take the next step? Which best describes you?

- *I am planning to increase the amount of physical activity I engage in and change the way I eat to lose weight in the next 6 months.*

You're Thinking about It! Learn more about prediabetes and DPP at **DiabetesFreeNC.com**.

- *I am planning to increase the amount of physical activity I engage in and change the way I eat to lose weight in the next month.*

You're Preparing for It! Choose a DPP that is convenient for you at **DiabetesFreeNC.com**.

- *I have enrolled, or am currently participating, in a DPP to learn about ways to help me increase the amount of physical activity I engage in and change the way I eat to lose weight.*

You're Doing It! Stay inspired at **esmmpreventdiabetes.com/blog**.

- *I have completed a DPP and adjusted my lifestyle in the last 6 months to include what I learned.*

You're Maintaining It! Stay inspired at **esmmpreventdiabetes.com/blog**.

How do I get into a DPP?

- Talk with a health care provider about being tested for prediabetes.
- Visit **DiabetesFreeNC.com** for more information.

"Last year, I needed to lose weight due to (high) blood sugar. I was referred to the diabetes prevention program by my doctor. I lost the weight and lowered my (blood) sugar to acceptable levels. Several people at the office have commented on my weight loss. The diabetes prevention program is a great program!"

—Diabetes Prevention Program Participant

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prevent type 2
diabetes.

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Free NC
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