86 million are at risk, are you?[1]

Take the 30 second risk quiz.

Take the next steps toward a healthier you!

- Health coaching sessions
- Learn healthy eating habits, simple ways to increase physical activity, motivation techniques and stress management
- Convenient class locations at YMCA's near you
- Tools to track your progress

All at **NO ADDITIONAL COST** as part of your State of Rhode Island medical plan if you qualify.

Health coaching sessions to help you lose weight and prevent type 2 diabetes.

The State of Rhode Island is excited to provide you with effective ways for you to better your health. The **Diabetes Prevention Program** is designed to help participants lose weight and reduce their risk of type 2 diabetes. You may receive a phone call from UnitedHealthcare inviting you to learn more about this program. If you're at risk, take advantage of health coaching sessions available at community locations near you - and best of all, it's **NO ADDITIONAL COST** to you as part of your State of Rhode Island medical plan!

Program Highlights:

- Health coaching sessions at YMCA locations near you, no membership required
- Learn healthy eating habits, simple ways to increase physical activity, motivation techniques and stress management
- Free workbook and tools to track your progress
- Content approved by the Centers for Disease Control and Prevention (CDC)
- Available for family members over the age of 18 covered by your State of Rhode Island medical plan
- **NO ADDITIONAL COST** as part of your State of Rhode Island medical plan

The Goal:

- Lose 5-7% of your body weight
- Prevent diabetes and associated conditions like high blood pressure, stroke and kidney failure

Results:

- The program has shown to reduce the number of type 2 diabetes cases up to **58%**. For those over 60, it can reduce the number of type 2 diabetes cases up to **71%**[2]
- Even more effective than taking medication, like metformin[2]

What's Your Risk? If you score 9 or higher, call today!

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart to the right. Do you weigh more than the weight listed for your height? (see chart to the right)
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?
		TOTAL Add up your score and see below.

HGT	WGT (lbs)
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

About Your Score

9 or more points: High risk for prediabetes. Once blood sugar levels become too high and diabetes develops - it cannot be reversed. The good news is type 2 diabetes can be delayed or prevented through effective lifestyle change programs, like the Diabetes Prevention Program.

3 to 8 points: Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

You qualify if you have a risk quiz score 9 or higher and have a body mass index (BMI) of 25 or higher (22 or higher for Asian ethnicity). You qualify if you weigh more than the weight listed in the above chart. Please call for more information on program qualification.

Get the support you need, call today

Learn how small changes can help you lose weight and prevent diabetes so you can live a longer, healthier life. And you don't have to do it alone, we can help!

Call today: **1-844-749-5992**

UnitedHealthcare®

[1]Centers for Disease Control and Prevention - 2014 National Diabetes Fact Sheet

[2]New England Journal of Medicine, Vol. 346, No. 6 (2002)

The Diabetes Prevention Program ("DPP") could be available to you at no additional cost as part of your medical plan. Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your medical plan's privacy policy and applicable law.

The information provided through the DPP is for informational purposes only and is not a substitute for your doctor's care. Rapid weight loss may cause serious health problems. Individual results from participation in the DPP may vary. Please discuss with your doctor how the information provided through this program is right for you.

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