Are you at risk for developing diabetes?

The University of Louisville Physicians Diabetes and Obesity Center is partnering with Get Healthy Now to offer the Diabetes Prevention Program.

This year-long program includes 16 meetings with expert facilitators and health providers broken out into weekly meetings over the course of 5 months. For the rest of the year, additional meetings are held twice monthly and then monthly.

What to expect with the program:
• The skills you need to lose weight, be more physically active and manage stress.
• A trained lifestyle coach to guide and encourage you.
• Support from other participants with the same goal as you.

Participation is open to all University of Louisville employees, retirees, spouse/qualifying adult on the UofL Health Plan who meet the following criteria:
Most recent Body Mass Index ≥25 (≥23 if Asian); and one of the following:
A positive lab test result within previous 12 months:
• Hemoglobin A1C: 5.7–6.4%; or
• Fasting Plasma Glucose: 100–125 mg/dL; or
• Oral Glucose Tolerance Test: 140–199 mg/dL;
Or
History of gestational diabetes
Or
A high score on the prediabetes risk test at www.doihaveprediabetes.org

LOCATION:
Get Healthy Now
1980 Arthur Street
Louisville, KY 40208

DATE/TIME:
Mondays 4:30-5:30 p.m.
Beginning Sept. 16, with an informational meeting on Sept. 9 at 4:30 p.m.

COST:
Cost is covered by the UofL Health Plan. Anthem ID card required to enroll and participate.

FOR MORE INFORMATION, CALL: 502-588-4499
Registration is limited to 15 people. Call today to reserve your space!

All health information is protected under HIPAA