

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
601 Presidents Boulevard
Louisville, KY 40217

DATE/TIME:

Thursdays 5:15–6:15 p.m.
Beginning January 17,
with an information class
on January 10 at 5:15 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!