

# 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 next 7 months, additional meetings are held bi-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  $\geq 25$  ( $\geq 23$  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](http://www.doihaveprediabetes.org)

### LOCATION:

**Get Healthy Now**  
601 Presidents Boulevard  
Louisville, KY 40217

### DATE/TIME:

Mondays 4:15-5:15pm  
Beginning March 5,  
with an information class  
on February 26 at 4:15pm

### 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!**