



Dear Friend:

Womens Health First, a CDC-recognized organization, offers online Diabetes Prevention Program throughout the US at no cost to you. The National Diabetes Prevention Program (DPP) Lifestyle Change Program is an evidence-based program that is being offered across the nation to help people make healthy changes to prevent or delay type 2 diabetes. It's proven, and it can work for you! The Lifestyle Change Program is designed for people with prediabetes. Prediabetes means that your blood sugar is higher than normal, but not high enough yet for a type 2 diabetes diagnosis. If you have prediabetes, you can reverse this condition by making small changes to your diet. Getting 30 minutes of physical activity most days. Losing just 5% to 7% of your body weight.

To qualify, you'll need to have a BMI (body mass index) of 25 or higher (23 or higher if you're of Asian heritage) and one of the following: Blood test result showing that you have prediabetes (A1C of 5.7% to 6.4% or fasting blood sugar level of 100 to 125 mg/dL) or High-risk result (score of 5 or higher) on the Prediabetes Risk Test or Previous diagnosis of gestational diabetes. People who are pregnant or have been diagnosed with type 1 or type 2 diabetes are not eligible.

We're hosting a Discovery Session (also known as Session Zero) on Sunday, January 15<sup>th</sup> at 2:00 – 3:00 PM online ZOOM platform. During this informational session, you'll learn more about the Lifestyle Change Program and whether it's right for you. If you are interested, please let us know, so we can send you the invitation, Zoom link.

Prevention is Better Than Cure! We look forward to hearing from you soon. Thank you.

In Good Health,

The Lifestyle Change Team

Womens Health First

[Info@womenshealthfirst.org](mailto:Info@womenshealthfirst.org)

678-777-8961