

Diabetes Prevention Program

One in three adults has prediabetes and may not know it.



One out of three adults has prediabetes. Most of them don't know it. You may be one of them.

Prediabetes is when your blood sugar level is higher than normal. If left untreated, it can lead to type 2 diabetes.¹

As a part of your insurance, **ParTNers for Health** is offering a program² to state group health plan members — **Diabetes Prevention Program (DPP)** — to help prevent or delay type 2 diabetes at no cost to you.

Program Goal: Lower your risk for type 2 diabetes by losing at least 7% of your body weight through increased physical activity (goal of 150 minutes per week) and healthier eating.

You'll get:

Trained lifestyle coach: To guide you along the way.

Weekly, in-person sessions: Year-long program - weekly for 16 weeks, followed by 3 bimonthly sessions and 6 monthly sessions.

Group support: You are not alone! Motivation to help you make healthier choices.



CDC-approved curriculum: Tips to stay on track.

YOU MAY BE ELIGIBLE² FOR THE DPP IF YOU:

- Are at least 18 years old; and
- Are overweight; and
- Have no previous diagnosis of type 1 or type 2 diabetes; and
- Have a blood test result in the prediabetes range within the past year:
 1. A1c: 5.7–6.4% or
 2. Fasting glucose: 100–125 or
 3. Two-hour oral glucose: 140–199 or
 4. Have a CDC prediabetes screening test* score of 9 or higher or
- Have been previously diagnosed with gestational diabetes

***Check your eligibility by taking a quiz at: www.partnersforhealthtn.gov**

>Wellness tab>Wellness Program page. Quiz is on the right hand side of the page.

Next steps: To find out if you are eligible and learn more about the program, call one of the locations in your area.

YMCA Association/Branch	City	YMCA DPP Contact	Phone Number
Greater Kingsport Family YMCA	Kingsport	Hilary Reynolds or Lauren Partin	423.765.9757
Charles W Cansler Family YMCA	Knoxville	Vickey Beard	865.637.9622
Fogelman YMCA Cordova Family YMCA Ric Nuber YMCA	Memphis	Connie Binkowitz	901.505.0977
Christ Church YMCA Clarksville Area YMCA Downtown YMCA Maryland Farms YMCA	Nashville Clarksville Nashville Brentwood	Kelli Mitchuson	615.256.1719 (ext. 2)

¹Sources: Centers for Disease Control and Prevention (CDC) and American Medical Association (AMA).

²If you have already been diagnosed with diabetes you will not be eligible for the program. No cost for state health plan eligible participants if using an in-network provider.