



good measures™

Diabetes Prevention Program

## Cut Your Risk of Type 2 Diabetes by More than Half

If you have prediabetes or certain diabetes risk factors, the Good Measures Diabetes Prevention Program can help you make small but lasting changes to prevent type 2 diabetes.

The program is proven to work – you will learn skills and get support to lose weight, eat healthier, be more physically active, and manage stress. You will feel better, too.

### The Good Measures Diabetes Prevention Program Provides

- **Expert support:** Work with a Good Measures lifestyle coach who leads your group class.
- **Convenient sessions:** Participate online at times that are best for you.
- **Social support:** Share ideas and get support from your group members.
- **Digital tools:** Use our smartphone app and website to track your weight, food, and physical activity and see how well you are meeting your goals.

### Program Details

- The Diabetes Prevention Program is available at no cost to eligible Presbyterian Healthcare Services employees.
- It's more frequent at the start – weekly one-hour sessions for 16 weeks. Then sessions are every other week for 2 months and then they are just once a month for 6 months.



Find out if you're eligible!  
Call us at 888-320-1776

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The Good Measures Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention.