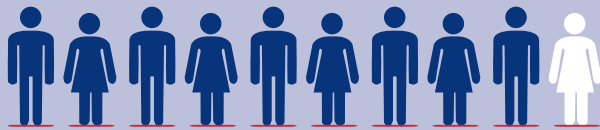


## State of Tennessee Diabetes Prevention Program

Did you know **9 out of 10** people with prediabetes don't know they have it?<sup>1</sup> You may be one of them.



**9** OUT OF **10**

people with prediabetes do not know they have it

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.<sup>1</sup>

**ParTNers for Health** is offering a **free** program to state group health plan members, the **Diabetes Prevention Program\*** to help prevent or delay type 2 diabetes.

**Program Goal: To lose 7% of your body weight**

**16**

**Weekly, in-person  
core sessions**



**Group  
Support**

**6**

**Monthly  
follow-up sessions**



**Nutrition  
Counseling**

### Program Highlights:

- » **16 weekly, in-person sessions:** Learn how healthy eating and physical activity can help reduce your risk
- » **Nutrition counseling:** Learn more about grocery shopping, healthy recipes and more
- » **Group setting:** You are not alone! Group support to motivate and inspire you to make healthier choices
- » **Detailed program handbook:** To help you every step of the way
- » **Six months of monthly maintenance support:** Following the 16 weekly sessions

**Next steps:** Seating is limited. There are two classes per year, starting in January and June. To find out if you are eligible, contact the ParTNers Health & Wellness Center at 615.741.1709. Be sure to tell the center staff that you are calling about this program.

<sup>1</sup>Centers for Disease Control and Prevention (CDC).

\*If you have already been diagnosed with diabetes you will not be eligible for the program.