



Build healthy habits for life with **Prevent**

Lose weight and improve your health with one-year program

Prevent: Diabetes Prevention Program (Prevent: DPP) is an evidence-based, nationally-recognized, in-person program with a 2nd year option available to those that are successful in the first year. It is proven to help promote & maintain weight loss, prevent type 2 diabetes, & improve overall health.

- **Covered at 100% for eligible members & dependents of:** Providence Health Plan Medicare Advantage, Providence employee Providence Health Plan, Intel employee Providence Health Plan, Oregon Medicaid plans, and Medicare A & B plans.
 - *Prevent: DPP* will verify DPP insurance benefits for other plans.
 - Open to those without coverage for DPP as a self-pay option for those that meet eligibility.
- **Groups are held in Spanish & English and are scheduled to start at various Providence hospitals and clinics throughout Oregon several times per year based on interest.** Limited to qualified and committed participants & prioritized based on risk.

Are you eligible for Prevent?

To participate, you cannot have a diagnosis of type 1 or 2 diabetes and must:

- Be 18 years or older
- Have a BMI of 25 or higher, or 23 for Asian-Americans.
 - Find out your BMI at choosemyplate.gov/tools-BMI
- Have at least one of the following:
 - Fasting blood sugar of 100-125 mg/dL (110-125 mg/dL for Medicare members)**
 - Hemoglobin A1c of 5.7%-6.4%**
 - History of gestational diabetes**
 - Diabetes risk score of 5 or higher** (*Risk Test at www.doihaveprediabetes.org*)

**Medicare members must meet blood test criteria regardless of risk score or history of gestational diabetes.

To learn more about *Prevent: DPP*
call 1-844-408-7768 or 503-215-1290,
email ORPMG.DiabetesPrevention@providence.org,
or visit www.welcometobasecamp.org/diabetesprevention.

84 MILLION AMERICANS HAVE PREDIABETES. DO YOU?

- 1** How old are you?
 Less than 40 years (0 points)
 40—49 years (1 point)
 50—59 years (2 points)
 60 years or older (3 points)
- 2** Are you a man or a woman?
 Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)
- 6** Are you physically active?
 Yes (0 points) No (1 point)
- 7** What is your weight status?
 (see chart at right)

Write your score in the box.



Add up your score.



Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).



LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

DoIHavePrediabetes.org

