If you know you have pre-diabetes, there’s a lot you can do to prevent diabetes. There are a number of ways to help you get started on your diabetes prevention plan. You’ve already taken the first step by attending the Pre-diabetes 101 class. Use this form to let us know your next step.

What is your next step for diabetes prevention?
Select the support program you prefer.

- The Weigh to Health® program
- Nutrition counseling with a registered dietitian
- Follow up with your doctor

What small lifestyle change are you ready to make now?
If you identified a goal on your Readiness Worksheet, write it here:

_________________________________________________________

_________________________________________________________

Your name ________________________________________________

Date of birth: _____________________________ Phone: (___) __________________

Doctor who referred you to the prediabetes class. We’ll let your doctor know your plan.

Name (first and last) _________________________________________

Clinic (include city) __________________________________________

We’re always trying to improve.
Please let us know if you thought this class was helpful. Tell us if there’s anything else we can do to help you get started with diabetes prevention.

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