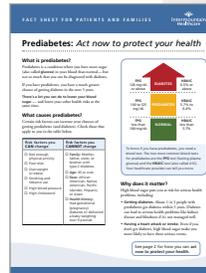


If you know you have pre-diabetes, you're in luck. You're being given a chance to take actions that can prevent diabetes. In the *Prediabetes 101* class, you'll learn basic facts about diabetes and what you can do to prevent it. You don't have to do it alone, though. There are 4 different ways we can help. You can choose which works best for you. After the class, we'll ask you to complete the Next Step Selection Form.



Usual care with your doctor

- Visit your doctor every 3 to 6 months to:
 - Repeat blood glucose tests
 - Check your overall health



Nutrition counseling

- Individual counseling with a registered dietitian
 - Create a personalized eating plan
 - Receive personalized support

SelectHealth covers 5 sessions per year with no co-pay. Many other plans also have this benefit.



The Weigh to Health® program

- 12 sessions over a 6-month period, including:
 - 2 30-minute individual sessions with a registered dietitian
 - 9 or more 90-minute group classes, including help with behavior change

The program is offered at no cost to SelectHealth patients who complete the class. The Weigh to Health® team will verify your insurance coverage.



