

Take Control of Your Health



“I have lost 23 pounds, and ... was able to get off blood pressure medication and medication for acid reflux.”
—Megan

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). PreventT2 is taught by Christiana Care registered dietitians and community educators who've been trained as lifestyle coaches.

The CDC-approved curriculum is free to eligible Medicare participants with prediabetes!

Call 302-623-3439 today to learn more!

Give this form to your health care provider.
PreventT2 Program

I recommend:

(FIRST NAME)

(MI)

(LAST NAME)

for the PreventT2 Program at ChristianaCare based on the following criteria:

- 18 years of age or older and BMI >24 kg/m² (>22 if Asian).
- No previous diagnosis of type 1 or type 2 diabetes.
- Diagnosis of prediabetes within the past year or GDM based on (check one or more):
 - HbA1C: 5.7%-6.4%.
 - Fasting plasma glucose: 100-125 mg/dL.
 - Two-hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dL.
 - Previous diagnosis of GDM (may be self-reported).

Provider signature _____

Date _____

Address _____

Phone _____

Providers: Make a copy for your records and give the original to the patient.

Patients: Once this form is complete, contact the PreventT2 Program at ChristianaCare at 302-623-3439.

PreventT2 Program at ChristianaCare.

Beat Type 2 Diabetes with PreventT2



PREVENTT2 
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PREVENTT2 IS PART OF THE
NATIONAL DIABETES
PREVENTION PROGRAM
LED BY THE CENTERS FOR DISEASE
CONTROL AND PREVENTION (CDC)

 **ChristianaCare**™

Get the Facts

If you have prediabetes, your blood glucose (sugar) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Prediabetes increases your risk of developing type 2 diabetes, which can lead to heart attack, stroke, blindness, kidney failure or the loss of your toes, feet or legs.



Up to 90% of people with prediabetes don't know they have it. You're at risk for prediabetes — and type 2 diabetes — if you:

- ▶ Are over age 45.
- ▶ Are overweight.
- ▶ Have a family history of type 2 diabetes.
- ▶ Exercise fewer than three times a week.
- ▶ Had diabetes while pregnant (gestational diabetes) or gave birth a baby weighing 9 pounds or more.

Many people with prediabetes will develop type 2 diabetes within five years. But you can make a change now to improve your health.

One Year to a Healthier You

PreventT2 is a one-year lifestyle program that will help you lower the risk of getting type 2 diabetes. Free to eligible Medicare participants, the CDC-approved curriculum is taught by trained lifestyle coaches.

The goal of the program is to help you lose 5 to 7 percent of your weight — up to 14 pounds for a person weighing 200 pounds — by eating healthier and being more physically active.

Meetings are weekly for the first six months then once or twice a month for the next six months. With PreventT2, you'll learn to:

- ▶ Eat healthy foods.
- ▶ Become more physically active.
- ▶ Manage stress.
- ▶ Successfully overcome obstacles.
- ▶ Reduce your risk of developing type 2 diabetes.

You won't make changes alone. The group classes are supportive environments.



“Having group support, listening to other ideas and celebrating successes made the time fly by.”

—Barbara



“I look in the mirror, and I'm happy with the person I am looking at.”

—Rochelle

Live Your Best Life Today

If you think you might have prediabetes:

- ▶ Take the quiz “Could You Have Prediabetes?” at cdc.gov/prediabetes/takethetest
- ▶ Bring this brochure to your health care provider. If you don't have a primary care physician, call 1-800-693-CARE or visit christianacare.org/primarycare.
- ▶ Ask to be tested for prediabetes.

If you have prediabetes:

- ▶ Bring this brochure to your health care provider, who can complete the form on the back.
- ▶ Call 302-623-3439 to find out about the Prevent2T classes or fax this form to 302-661-3010.

Find out how PreventT2 can help you avoid diabetes.