

# DIABETES PREVENTION PROGRAM

**Adagio Health's Diabetes Prevention Program** is a lifestyle intervention program that can help at-risk participants make lasting changes to **reduce their risk of developing type 2 diabetes.**

The program is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC).

This is a 12-month program, offering weekly meetings for the first 6 months and monthly meetings for the last 6 months.

**After enrolling in the program, you'll learn about topics like:**

- Get Active to Prevent Type 2 Diabetes
- Track Your Food
- Eat Well to Prevent Type 2 Diabetes
- Get More Active
- Burn More Calories Than You Take In
- Shop and Cook to Prevent Type 2 Diabetes
- Manage Stress
- Find Time for Fitness
- Cope with Triggers
- Keep Your Heart Healthy
- Track Your Activity





## ELIGIBILITY

All program's participants must be 18 years of age or older and have a body mass index (BMI) of  $\geq 25$  kg/m<sup>2</sup>

**Eligibility can be based on:**

A blood test result within one year of participant enrollment. Blood test results may be self-reported for CDC recognition purposes.

Fasting glucose of 100 to 125 mg/dl

Plasma glucose of 140 to 199 mg/dl measured 2 hours after a 75 gm glucose load

HbA1C of 5.7 to 6.4

Clinically diagnosed gestational diabetes mellitus (GDM) during a previous pregnancy (allowed for CDC recognition and may be self-reported)

**You can also see if you're eligible by taking the Prediabetes Risk Test online at**  
**[CDC.gov/prediabetes](https://www.cdc.gov/prediabetes)**



Scan here to  
learn more about  
the Diabetes  
Prevention Program

