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TAKE

The 1-minute quiz  
to see if you qualify



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## THE PATH TO A HEALTHIER YOU

Change your life in 16 weeks with  
the Diabetes Prevention Program

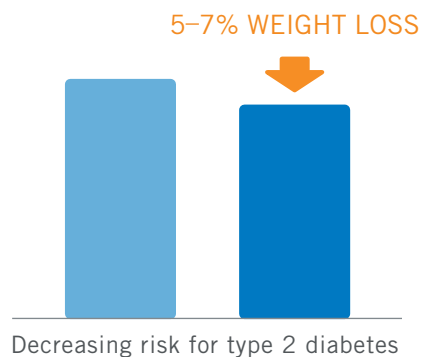
## MAKE LASTING LIFESTYLE CHANGES

The Diabetes Prevention Program (DPP) helps participants lose weight, adopt healthy habits, and reduce their risk for type 2 diabetes.

The program meets weekly for 16 weeks, and then monthly for the balance of the year.

Participants learn ways to eat healthier, increase their activity, and manage the challenges that come with lifestyle change.

Most participants aim to lose 5 to 7% of their weight during the program—which has been proven to dramatically lower their risk of developing type 2 diabetes.



## CHOOSE YOUR PROGRAM

There are many options to choose from for the Diabetes Prevention Program (DPP).

Some programs meet weekly in person with a coach and a small group for support. Other programs are done entirely online using your computer or mobile phone.

You'll have the opportunity to choose the program where you think you'll be most successful.

Here are some of the programs currently available.



**lark**

**HealthSlate**



**# RETROFIT™**

**Transform  
Transformemos**



## A NEW COVERED BENEFIT

Anthem Blue Cross and Blue Shield members now have access to the Diabetes Prevention Program (DPP) at no cost if they qualify.

## TOOLS AND SUPPORT

While every Diabetes Prevention Program (DPP) is a little bit different, most programs include the following.



Access to a personal health coach



Weekly sessions



A small group for support



Tools like a wireless scale or an activity tracker

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