One in Three American Adults are At Risk. Are You One of Them?

26 million American adults have diabetes, and another 79 million are at risk of developing it. By 2020, if current trends continue, 52% of the US adult population will either have the disease or be on the path to getting it. Most people have no idea they’re at risk, and some people with diabetes don’t even know they have it. And diabetes is progressive; it starts with prediabetes, which has no symptoms.

Two new programs are proven to reverse these trends. And now, Saint Louis University makes them available at no additional cost to you as part of your health plan.

The Diabetes Prevention Program is a 16-session lifestyle coaching program conducted in a small group setting for people with prediabetes. This program teaches participants how healthier eating and a moderate increase in activity can prevent or delay the onset of Type 2 diabetes by nearly 60 percent.*

The Diabetes Control Program connects people currently diagnosed with diabetes to community pharmacists who make it easier and more affordable to follow treatment plans recommended by physicians. These pharmacists are specially trained and provide 1-on-1 care in private rooms. All appointments are prescheduled, and are covered as a preventive benefit by your health plan.

Both programs were developed by the Diabetes Prevention and Control Alliance (DPCA), and have been tested through controlled trials or pilot projects with the National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC), the Y, Indiana University, clinical centers, employers and pharmacies.

WHAT IS PREDIABETES?
You are not alone if you don’t know. Prediabetes is a diagnosed condition where your blood sugar levels are high but not yet high enough to be diagnosed as diabetes. But it’s progressive, and that makes prediabetes a serious health issue. Good news, you can reverse it.

WHAT IS DIABETES?
When you have Type 2 Diabetes, your body may fight the effects of insulin, a hormone that controls the movement of sugar into your cells. Or your body doesn’t produce enough insulin to keep a normal glucose level. Type 2 diabetes is a very serious condition which can result in diabetic complications, including blindness, kidney failure, foot amputation, heart attacks and strokes.

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