

## Headline: Saint Louis University says YES to NOT ME

### Subhead: Introducing a New Employee Benefit Program that Can Save Your Life

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

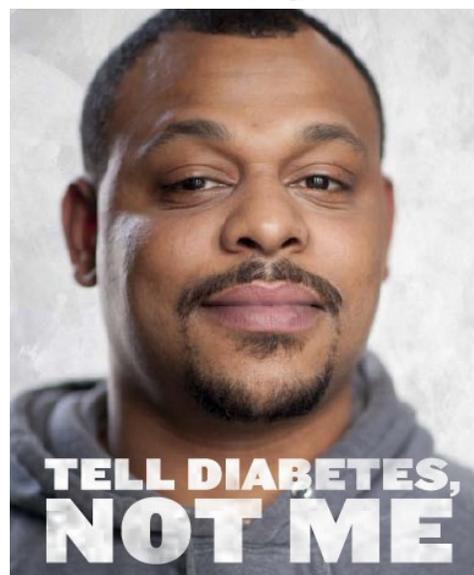
26 million American adults have diabetes, and another 79 million are at risk of developing it. By 2020, if current trends continue, 52% of the US adult population will either have the disease or be on the path to getting it. Most people have no idea they're at risk, and some people with diabetes don't 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.

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?

#### About Your Score

**9 or more points:** High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs. Please consider getting your blood glucose tested for elevated levels.

**3 to 8 points:** Lower risk for having prediabetes today, but keep your risk low. Maintain a healthy weight, and don't use tobacco. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes. Take this quiz annually, and share with friends and family.

HGT	WGT
4'10"	128
4'11"	132
5'0"	137
5'1"	142
5'2"	146
5'3"	151
5'4"	156
5'5"	161
5'6"	166
5'7"	171
5'8"	176
5'9"	181
5'10"	187
5'11"	192
6'0"	198
6'1"	203
6'2"	209
6'3"	215
6'4"	220

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