



Accessible Pharmacy Services Virtual Diabetes Prevention Program

Join the Accessible Pharmacy Services Diabetes Lifestyle Coaches on a journey to a healthier you! Get healthy, stay healthy, and avoid diabetes with this **virtual** program fully funded by insurance.

*Also available: **virtual** classes provided in American Sign Language!*

Who Can Join? If you are age 18+ and identify with **any** of the following:

- Have a Body Mass Index (BMI) of 25 or higher
- Not be previously diagnosed with type 1 or type 2 diabetes
- Not be pregnant
- Be able to meet **1** of the following requirements:
 1. Had a qualifying blood test result in the prediabetes range in the past year
 2. Have a previous diagnosis of gestational diabetes
 3. Receive a high-risk result on a Prediabetes Risk Test

Goals:

1. Lose weight through healthy eating
2. Increase physical activity
3. Learn to identify and address barriers to healthy eating and physical activity

Duration (1-Year):

- **22 virtual** sessions spread out over the course of 1 year

The United States Centers for Disease Control and Prevention has proven success:

- Participants lowered their risk of developing type 2 diabetes by **58%**
- Participants ages 60+ lowered their risk of developing type 2 diabetes by **71%**

Contact Us to Register Now!

Email Us: info@AccessiblePharmacy.com

VP available upon request

www.AccessiblePharmacy.com/diabetes-prevention-program

