



# PreventT2

## LIFESTYLE CHANGE PROGRAM

---

**Are your patients at risk for type 2 diabetes?  
Test them today for prediabetes and recommend the  
PreventT2 lifestyle change program for those at risk.**

---

### About the PreventT2 Program

- The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).
- It is a proven program that has been shown to prevent or delay type 2 diabetes in high-risk patients.
- Research examining the effects of a structured lifestyle change program like PreventT2 showed that weight loss of 5% to 7% of body weight achieved by reducing calories and increasing physical activity reduced the risk of developing type 2 diabetes by 58% in people at high risk for the disease.
- To learn more about this research, visit <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>.

### Which Patients Are Eligible for PreventT2?

To participate, patients must:

- Be at least 18 years old;
- Be overweight (BMI  $\geq 24$ ;  $\geq 22$  if Asian);
- Have no previous diagnosis of type 1 or type 2 diabetes;
- Have established risk factors for developing type 2 diabetes; or
- Have been diagnosed with prediabetes within the past year or previously diagnosed with gestational diabetes.

**PREVENTT2**   
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



---

---

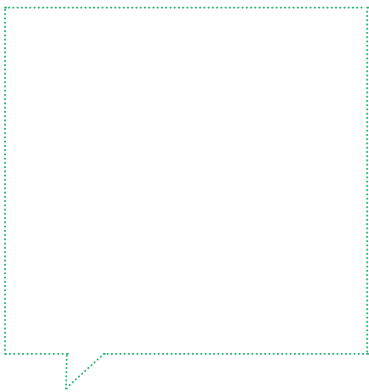
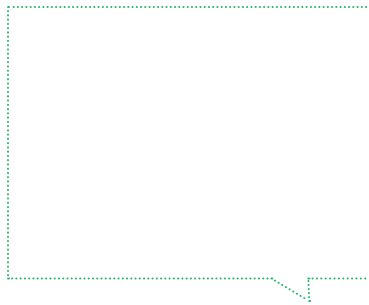
## PreventT2 PROGRAM FEATURES

- ✓ **Trained lifestyle coach**
- ✓ **CDC-approved curriculum**
- ✓ **Group support**
- ✓ **Year-long program — weekly for 6 months, then 1-2 times a month**

---

---

## WHAT PARTICIPANTS ARE SAYING...



## How Does PreventT2 Work?

PreventT2 empowers patients with prediabetes and those at risk for type 2 diabetes to take charge of their health and well-being. Participants meet in groups with a trained lifestyle coach to learn ways to incorporate healthier eating and moderate physical activity, as well as problem-solving, stress-reduction, and coping skills, into their daily lives. Groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain the skills they have learned.

## How Can My Patients Access PreventT2 near Them?

PreventT2 is a community-based program, so your patients can find it in varied locations like health care facilities, faith-based organizations, wellness centers, and worksites. Many private insurers, employers, government agencies, health care facilities, and community-based organizations offer access to and coverage of the program. PreventT2 may be free to many of your patients based on their insurance coverage.

## Recommending Patients Is Easy!

Simply use the recommendation form available to share information about your local PreventT2 program and recommend those patients who are at risk for type 2 diabetes. To learn more or to request recommendation forms, please contact:

**To find other programs in your area or to learn more about PreventT2, visit [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).**