

Why do I PreventT2?

This little one is the joy of my life. And I want to spend as much time with her as possible. So when my doctor told me I had prediabetes, **I knew that preventing type 2 diabetes had to become a priority.**



I joined PreventT2, a program proven to prevent or delay type 2 diabetes. It taught me to make changes to live a healthier life.

My PreventT2 lifestyle coach was always there for me. The other participants were great — they all understood what I was going through. And the CDC-approved curriculum taught me how to lose weight, be more physically active, and reduce stress. My doctor said it's making a difference. **I plan to stay healthy for a long time so I can be here for the ones I love. You can do it, too — with PreventT2.**

Call or visit us on the web today.

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