



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

INTRODUCING A NEW PROGRAM FROM HEALTHFLEX!


Diabetes Prevention Program (DPP) Starting April 1

One in three American adults has prediabetes and is “on the path” to developing type 2 diabetes. Good news! Type 2 diabetes can be prevented, or at least delayed!

The National Diabetes Prevention Program, endorsed by the Centers for Disease Control (CDC), is a lifestyle change program with proven effectiveness in preventing or delaying the onset of type 2 diabetes.

Diabetes Prevention Program

Two ways to participate: **Online** OR **in-person** in your local community

	Online	In-person community-based
Who is eligible? 	HealthFlex participants and enrolled spouses at risk: <ul style="list-style-type: none"> to develop type 2 diabetes OR <ul style="list-style-type: none"> diagnosed with type 2 diabetes (non-insulin dependent) 	HealthFlex participants and enrolled spouses at risk: <ul style="list-style-type: none"> to develop type 2 diabetes
Who provides the program?	Omada Health® (in partnership with Wespath and Quest Diagnostics®)	Local YMCA, hospital system, other community organizations
What is the cost to me?	HealthFlex covers the cost of participation	HealthFlex will reimburse participation costs up to \$500 per individual
How long is the program?	<ul style="list-style-type: none"> Year 1: 16 weekly sessions, then ongoing support Year 2: maintenance program 	One year with 16 weekly sessions followed by meetings once/twice a month
Where can I learn more about this option?	Omadahealth.com/Wespath Take a 1-minute risk test	DoIHavePrediabetes.org Take a risk test, find a class near you

More Details

For details on how to be reimbursed for participating in a local, community-based DPP, call the **HealthFlex Health Team** at **1-800-851-2201**

HealthFlex well-being programs are voluntary.



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1901 Chestnut Avenue
 Glenview, Illinois 60025-1604
 1-800-851-2201
 wespath.org