



Could you have prediabetes?

Has your doctor recommended controlling your blood sugar levels or your weight? **PEBB members** enrolled in the **Statewide Plan** or **Providence Choice** can now enroll in [Virtual Lifestyle Management](#) (VLM), an online program with a personal coach, lessons, and tracking tools (including a pedometer and a scale) to help you record your weight, food intake and exercise. The program is available at **no out-of-pocket cost** to members who are at least 18 years of age.

Read the testimonials, and click here

<http://pardot.canaryhealth.com/e/76342/2017-06-29/3khsr4/343063975> to see if you qualify.

"I started the program to support my husband who wanted to lose weight, but this program became so much more to me that I never want it to end. The weekly lessons helped me understand the importance of keeping track of fat and calories while increasing activity. This program works as my husband lost over 20 pounds and I lost over 10 so far. We've changed our lifestyle and meals. I look forward to staying with the program and reaching my weight goal. I know this takes time, but it's well worth it!!!!"

– **Julie, Age 57**

"VLM works for me and my husband because we are doing it together. VLM has changed our eating and made us more disciplined in our choices. When we eat at home, we weigh our food, watch the calories, etc. We have not cut back so much that we cannot enjoy eating. We have three meals per day plus snacks. Doing it together makes it easier to stay on the program."

– **Cynthia, Age 49**

"VLM is the best weight loss program my wife and I have ever participated in. Both our families have a history of diabetes. Even though neither of us was severely overweight, we both wanted to lose weight and to become healthier. We did. The program online was done in a very understandable, user friendly manner. It would be a winning situation for all, because so many of us are overweight and prone to diabetes. This healthy program provides the tools and the encouragement to avoid diabetes and to live healthy, productive lives."

– **Frank, Age 61**