



Lower your risk of type 2 diabetes

8 out of 10 Americans with prediabetes don't know it. Don't be one of them. Use our Pre-D prevention program to enhance your overall health – at no cost to you.

Prediabetes is a serious health condition that can lead to type 2 diabetes, heart disease and stroke. Our prediabetes (Pre-D) program gives you the tools to help you lower your risk of developing type 2 diabetes and make long-lasting lifestyle changes for better overall health.

This program is included in your health benefits at no cost if you qualify. Get started today!

Scan this QR code on your mobile device to start the survey now.

Are you at risk? We can help. Access certified lifestyle coaches and other resources to help you on your journey to a healthier life. As an active participant of the Pre-D program, you'll receive:

- 1 22 virtual, real-time group coaching sessions with a certified health coach
- 2 A free Fitbit device and smart scale to track your movement and weight
- 3 No copays or deductibles for in-network nutritionist or dietician visits
- 4 The skills to lose weight, be more physically active, and manage stress

Your health coach will be there to guide and support you throughout the program, connecting you with additional resources like Weight Watchers for weight loss and Meru Health for mental wellness support.

Spanish materials and translation services for other languages are also available.

Continued on page 2

How the program works

1. Take the prediabetes screening survey (must be 18 years or older to participate).
2. If you qualify, a Moda Health coach will call you to go over the program, benefits and onboarding process.
3. During your onboarding call, your health coach will review your health history and work with you to set goals for the next 12 months.
4. Participate in 22 sessions to learn how to make lasting lifestyle changes.
5. Quarterly check-ins with your health coach will track your progress and schedule nutritionist visits and/or A1C lab tests, as needed.
6. You may choose not to participate at any time.

Questions? We're here for you.

Call 833-212-5028 or email predprogram@modahealth.com (TTY: 711).

Learn more about our Pre-D program at modahealth.com/oebb/pre-d.