



National Diabetes Prevention Program

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Lifestyle is Medicine is the INTEGRIS offering of the National Diabetes Prevention Program created by the Centers for Disease Control. This program is backed by research conducted by the CDC which found that enrolling in a National Diabetes Prevention Program like Lifestyle Is Medicine was more successful than medication at reducing your likelihood of developing Diabetes.

Lifestyle is Medicine is a research based, results driven, and relationship building program. The program focuses on making small changes over 24 classes that will change the rest of your life. If you are looking to grow your knowledge about nutrition and physical activity by working with a trained lifestyle coach and could use group support from others who share your goals and struggles, this program is for you!

However, we have found that by meeting the goals of the program participants have also been able to lower their blood pressure and cholesterol, improve their sleep, and overall feel better.

Goals of the program:

- Meet attendance requirements
- Lose 5-7% of one's current body weight
- Get 150 minutes of moderate physical activity each week

Eligibility Requirements:

- 18 years of age or older
- BMI of index of ≥ 25 ; ≥ 23 if Asian
- Do not currently have type 1 or type 2 diabetes
- One of the following:
 - Previously diagnosed with gestational diabetes
 - Hemoglobin A1C of 5.7%-6.4%
 - Fasting plasma glucose of 100-125 mg/dL
 - A score of 5 or higher on this risk test <https://doihaveprediabetes.org/take-the-risk-test/#/>

Program Guidelines:

- Attend 12 out of 16 core classes
- Submit verification form upon completing 12th class

Program is at no cost if guidelines are met.

For more information contact Meagan Ballard, Meagan.Ballard@integrisok.com