



BlueCross BlueShield
of Louisiana

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association and incorporated as Louisiana Health Service & Suremy Company.


LIVE BETTER LOUISIANA
OUR GAME PLAN FOR BETTER HEALTH



**LIVE A
HEALTHIER
LIFE. TODAY.**

 **Prevent**

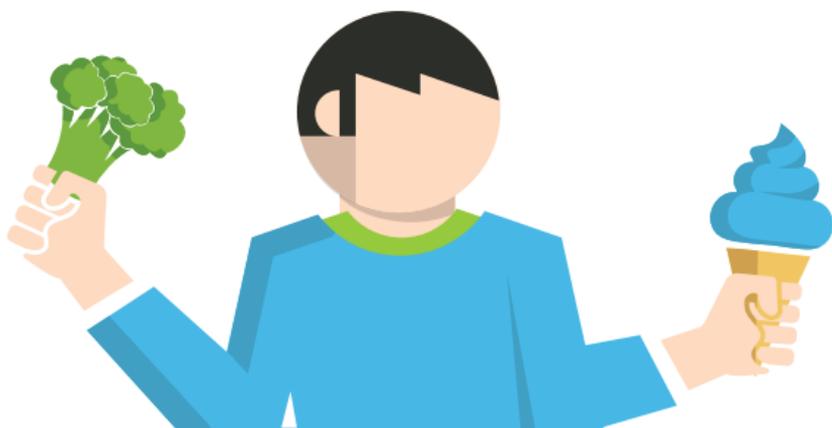
WHAT IS PREDIABETES?

Prediabetes means that blood sugar levels are higher than normal, but not yet high enough to be classified as type 2 diabetes.



There are often no outward symptoms of prediabetes so you may have it and not be aware.

But the truth is that prediabetes is simply an earlier stage of the diabetes continuum. Most people will progress to type 2 diabetes if they do not make lifestyle changes.



SMALL STEPS MAKE A BIG DIFFERENCE.

The Prevent program is based on the Diabetes Prevention Program (DPP), a clinical trial sponsored by the National Institute of Health and the Centers for Disease Control. In 2002, the DPP coached 1,000 participants through diet and exercise changes. The results were astonishing.

SAY HELLO TO PREVENT.

Prevent is an innovative, 16-week online program that helps participants change the behaviors that can lead to diabetes.

The program includes:

A personal health coach

who tracks your progress and provides one-on-one input and advice.



A small group of participants

who will join your online team and provide empathy and encouragement along the way.



Weekly online lessons

to educate and inspire, available to complete on your own time.

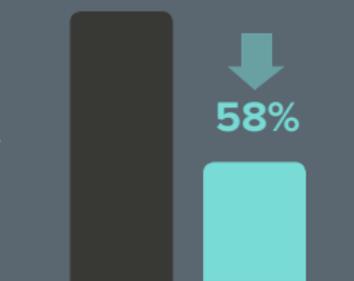


A wireless scale and pedometer

to track your success and send updates to your health coach and private account.



Participants cut their risk of type 2 diabetes 58% by losing 5-7% of their weight—a result of modest, sustainable changes to diet and exercise.



GET STARTED TODAY.

Our program has been designed to be as effective and delightful as possible. Our participants love it. So will you.

Talk to your nurse practitioner to find out if you are eligible for Prevent



What does a 7% weight loss goal look like? If you weigh 200 pounds, for example, you would aim to lose 14 pounds.



YOU CAN TURN YOUR DIABETES
RISK INTO A FUTURE OF
LASTING HEALTH.

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if you are eligible for Prevent.



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Questions? Contact us.

EMAIL hello@preventnow.com

PHONE 1-888-409-8687