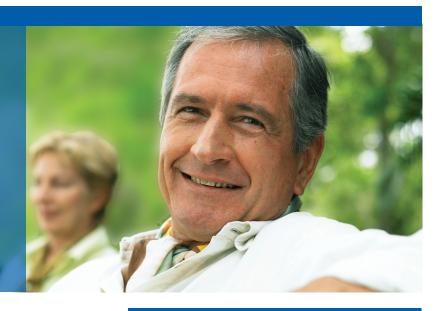
## A healthier you is just a call away



## Weigh Less, Live More

The State of Rhode Island is excited to offer you the **Diabetes Prevention Program**, an easy way to help lose weight and reduce risk of developing type 2 diabetes. Best of all, you can participate at **NO ADDITIONAL COST** to you as part of your State of Rhode Island medical plan!\*

Making lifestyle changes are never easy, but this program explains the benefits in great detail and offers a support structure needed to move forward with making changes that enhance our quality of life.

- Paul S,
State of Rhode Island member

- > One year of health coaching sessions at YMCA locations near you, no membership required
- Learn healthy eating habits, motivational techniques, how to incorporate light physical activity, stress management and much more
- Free workbook and tracking tools
- Available at **NO ADDITIONAL COST** for you <u>and</u> family members over the age of 18 covered by your State of Rhode Island medical plan



Take the Risk Quiz and watch a Program Video weightlossdpp.com/stateofrhodelsland



1-844-749-5994 to enroll today!





Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your medical plan's privacy policy and applicable law.

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<sup>&</sup>lt;sup>1</sup>New England Journal of Medicine, Vol. 346, No. 6 (2002)

<sup>\*</sup>The Diabetes Prevention Program ("DPP") is available to you at no additional cost as part of your medical plan.