

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 and 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!



¹ New England Journal of Medicine, Vol. 346, No. 6 (2002)

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

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.

The contents of this email are solely the responsibility of the authors and have not been approved by the Department of Health and Human Services, Centers for Disease Control and Prevention. This project is partially funded with 2012 Prevention and Public Health funds through a federal grant (Grant Number 1U58DP004-176-01) from the Department of Health and Human Services, Centers for Disease Control and Prevention.