



Personalized Diabetes Prevention

Via Well Wisconsin, you have exclusive access to an at-home virtual care management program that can help you prevent diabetes and better manage your health.

If you have been diagnosed with prediabetes or have screened “at risk” for diabetes based on the CDC at-risk screener, the Diabetes Prevention Program may be the right fit for you.

This year-long, evidence-based program helps you build healthier habits by making small daily changes that fit into your lifestyle.

- Work with a CDC-trained lifestyle coach to choose healthy foods and activities that fit into your lifestyle.
- Engage in group classes and discussions for peer support.
- Track your progress daily to better understand how food, activity and medications impact your health.

Research showed that people with prediabetes who joined a structured lifestyle change program could cut their risk of developing type 2 diabetes by 58% (71% for people over age 60).

— **CENTERS FOR DISEASE CONTROL AND PREVENTION**

INTERESTED?

Call **800-821-6591** to determine your eligibility to participate in this program. Visit cdc.gov/diabetes/prevention-type-2 to learn more about diabetes prevention.

*The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants, and their spouses will have some taxes withheld from the incentive amount earned.