

Do you have prediabetes?

84 million Americans do

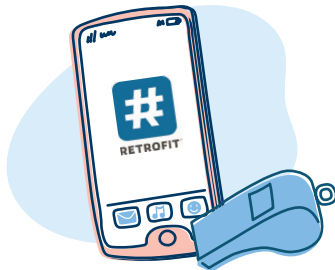
90% don't know it.*



Take a few minutes to complete the screening questions below to see if you're one of them.

If you are, then we have a Diabetes Prevention Program that can help you make the simple, healthy lifestyle changes that can reverse prediabetes — and help you feel better, too. See reverse for more info.

The good news: prediabetes is reversible.



LIVONGO ONLINE OR IN-PERSON LIFESTYLE COACHING

- **Length of program:** 12 months (online)/25 sessions (in-person)
- **Cost to you:** \$0
- **Online/mobile option:** Livongo DPP gives you online and mobile app access to expert-led classes, online community support, food, weight, and activity tracking, personalized coaching, and more.
- **In-person option:** Alternately, you can take part in onsite coaching sessions held at local participating YMCAs and participating network facilities. A trained lifestyle coach guides sessions that include eating healthier, increasing physical activity, and losing weight. Plus, you'll have support from others enrolled in the program. Call Member Service to find a participating YMCA or network facility near you.

How to enroll:

- Log in to your member website at highmarkbcbs.com.
- Click on **Diabetes Prevention**.
- Select the **Livongo DPP** link to enroll in the online program.
- Contact your local YMCA branch to confirm participation or to enroll.
- To enroll in coaching sessions at network facilities, call the Highmark concierge at the number on the back of your ID card.

Visit www.brainshark.com/hmk/DPPMemberBCBS for step-by-step instructions!

Prediabetes Risk Quiz*		
Yes	No	Answer each question below with a "yes" or "no." Then, add up the numbers to find your score.
1	0	Do you have a sibling who is diabetic?
1	0	Do you have a parent who is diabetic?
1	0	If you are a woman, have you had a baby weighing more than 9 pounds at birth?
5	0	If you are younger than age 65, do you get less than 30 minutes of exercise in a typical day?
5	0	Are you between the ages of 45 and 64?
9	0	Are you age 65 or older?
5	0	Using the chart to the right, do you weigh as much or more than the weight listed for your height?
	0	Total

At-Risk Weight Chart			
Height	Weight*	Height	Weight*
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

*weight in pounds

IF YOUR SCORE IS 3 TO 8 POINTS, YOUR RISK IS PROBABLY LOW FOR PREDIABETES.

Some things you can do to keep your risk low are lose weight (if you are overweight), be more active on most days, don't use tobacco, eat low-fat meals with fruits, vegetables, and whole-grain foods. And, if you have high cholesterol or high blood pressure, be sure to talk with your doctor about your risk for type 2 diabetes.

IF YOUR SCORE IS 9 OR MORE POINTS, YOUR RISK FOR PREDIABETES IS HIGH.

Talk with your doctor, and for more support, consider joining a diabetes prevention program.

If you have prediabetes, we encourage you to take advantage of this valuable program. If you have any questions, please call the Highmark concierge at the number on the back of your ID card.

*<https://www.cdc.gov/diabetes/prevention/lifestyle-program/about-prediabetes.html>

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。 8/19 HC407968