

PREDIABETES

WEIGHT MANAGEMENT PROGRAM



The MCPS Employee Wellness Program in partnership with Florida Blue and the Frank Deluca YMCA are pleased to offer a new program for prediabetes!

Family History of Diabetes?

Sedentary Lifestyle?

Weight Issues?

If you said YES to any of those questions, you might be at risk for diabetes.

The National Diabetes Prevention Program provides tools and support needed to make significant, healthy lifestyle changes.

With training and education from a professional Lifestyle Coach and group support, participants can reduce their risk of developing diabetes!

Lifestyle Coaching

Participants will meet with a lifestyle coach in a small group setting for one hour/week for 16 weeks.

Fitness Membership*

During the program, participants can register for a half-priced YMCA membership. Upon successful completion of the program, participants will get a month FREE!

* Membership at the YMCA is not a requirement.

Follow-up and Support

After the initial program, participants will meet with their lifestyle coach on a monthly basis.

Incentives

Participants will get a variety of incentives to help encourage them to be successful in their quest for a healthier lifestyle.

**To see if you qualify, please call (855) 237-4106.
(9am - 9 pm EST)**