

Test your patients today for prediabetes, and recommend the PreventT2 program for those at risk for type 2 diabetes.

TODAY, 1 IN 3 AMERICAN ADULTS IS AT RISK FOR DEVELOPING
TYPE 2 DIABETES, AND MOST OF THEM DO NOT EVEN KNOW IT.

The PreventT2 lifestyle change program is proven to help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of type 2 diabetes by 58%. PreventT2 is a year-long program with trained lifestyle coaches and a support group. The program meets weekly for the first 6 months, then once or twice a month for the second 6 months.

Recommending patients to this effective program can provide the motivation many need to make lifestyle changes to prevent or delay type 2 diabetes.



Recommending patients is easy!
To qualify, patients must:

- Be at least 18 years old;
- Be overweight (BMI \geq 24; \geq 22 if Asian);
- Have no previous diagnosis of type 1 or type 2 diabetes;
- Have established risk factors for developing type 2 diabetes; or
- Have been diagnosed with prediabetes in the past year or previously diagnosed with gestational diabetes.

Simply use CDC's recommendation form to recommend eligible patients to a PreventT2 program near them.

To learn more or to request recommendation forms, please contact:

