

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

Take this form to a health care provider. Then take the completed form to a PreventT2 program near you.

## PreventT2 Program RECOMMENDATION FORM

I recommend my patient,

.....  
(First Name) (MI) (Last Name)

Participate in the PreventT2 lifestyle change program offered by Fit To Go based on the following eligibility criteria:

- ✓ 18 years or older BMI  $\geq 25\text{kg/m}^2$  ( $\geq 23$  if Asian)
- ✓ No previous diagnosis of type 1 or type 2 diabetes
- ✓ Diagnosis of prediabetes within the past year or GDM based on (check one or more)
  - HbA1C: 5.7%–6.4%
  - Fasting plasma glucose: 100–125 mg/dL
  - 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
  - Previous diagnosis of GDM (may be self-reported)

.....  
Provider Signature Date

.....  
Provider Name:

.....  
Address:

.....  
Phone:

*Make a copy and give the completed form to the patient, who may contact this local program for more information and to enroll.*

Fit To Go T2 Diabetes Prevention Program Virtual

 (804) 878-0121  
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# You Can Prevent Type 2 Diabetes

with the

## PreventT2 Program



**PREVENTT2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PREVENTT2 IS PART OF THE  
NATIONAL DIABETES  
PREVENTION PROGRAM  
LED BY THE CENTERS FOR DISEASE  
CONTROL AND PREVENTION (CDC)

 UNIVERSITY of VIRGINIA



Updated 6/12/2020

## ➔ PREVENT TYPE 2 DIABETES WITH THE PreventT2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

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### WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you — and fun
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

## ➔ PreventT2 IS IN YOUR COMMUNITY

[Insert local program details such as locations; contact name, phone and/or URL; schedules; cost, and enrollment information.]

Some insurance plans will cover the cost for PreventT2. Check with your insurance provider to see if PreventT2 is covered. [If your program offers scholarships or other ways to reduce cost, include that information here.]

## ➔ PREDIABETES CAN LEAD TO TYPE 2 DIABETES

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the PreventT2 program will help you prevent or delay type 2 diabetes.

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### YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

## ➔ MAKE A CHANGE — START TODAY!

If you think you may be at risk for prediabetes and type 2 diabetes:

- » Take this brochure to a health care provider.
  - Ask to be tested for prediabetes. The health care provider may do a simple blood test.
  - Ask the health care provider to fill out the Recommendation Form on the back of this brochure.
  - Take the completed form to a program near you. To find a program, call or visit us on the web today.
- » If you don't have a health care provider, call us to find out if you qualify for the program.
- » Take the "Could You Have Prediabetes?" online quiz at: [www.cdc.gov/PreventT2](http://www.cdc.gov/PreventT2). If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

### Call or visit us on the web today!

Fit To Go T2 PreDiabetes Prevention Program



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