

If you're at risk for diabetes,  
**you're not  
alone**



### 1. Am I at risk of developing diabetes?

Most people who are close to having diabetes — a condition called prediabetes — aren't aware of it.<sup>1</sup> If you're not sure what your risk is, check out the list below and contact your doctor if most of the items describe you:

- You're 45 years old or older.
- You're overweight.
- You have a family history of Type 2 diabetes.
- You're physically active fewer than three times per week.
- You've had diabetes while pregnant (gestational diabetes) or given birth to a baby weighing nine or more pounds.

### 2. Take a Diabetes Prevention Program class to lower your risk

You can cut your risk of developing Type 2 Diabetes in half by losing 5% to 7% of your body weight. And you don't have to do it alone. The National Diabetes Prevention Program offers classes with a trained lifestyle instructor to help and encourage you. During the class, you'll learn simple changes for lowering your risk, such as:

- Reducing stress
- Improving food choices
- Increasing physical activity
- Using coping skills to maintain weight loss

Classes meet once a week for an hour. After 16 sessions, you'll have at least six monthly follow-up sessions to help you stay motivated and maintain your healthy lifestyle. Most classes are offered at no cost to a Kentucky Employee Health Plan member.

### 3. How to get started

For more information about the Diabetes Prevention Program, please call the toll-free number on the back of your Anthem ID card at **1-844-402-KEHP (5347)**.

#### Fight diabetes before you get it

Getting help now can prevent serious health problems later. If you might be at risk for diabetes, a prevention class can help. Browse for "CDC Recognized DPP organizations" in Kentucky at <http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm> (scroll to National Diabetes Prevention Program).



<sup>1</sup> Centers for Disease Control and Prevention website: *Prediabetes Facts* (accessed July 2014): [cdc.gov/diabetes/prevention/factsheet.htm](http://cdc.gov/diabetes/prevention/factsheet.htm).

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