

# Change your life in 16 weeks

*Reduce your risk for type 2 diabetes*



## NEW BENEFIT ALERT!

Alameda Alliance for Health is your partner in health. We are here to support you in living healthy. Our new Diabetes Prevention Program (DPP) can help you adopt healthy habits, lose weight, and reduce your risk for type 2 diabetes!

## WHAT DOES THE PROGRAM INCLUDE?

For one whole year, you can get:



Weekly lessons



Personal health coach



A small group for support



Tools like a wireless scale or an activity tracker

Our program includes 16 weekly lessons, followed by monthly sessions. You can choose from a range of programs to best meet your needs. Some programs are in-person, others are by phone or computer.

## WHO IS THIS FOR?

Take a 1-minute quiz to see if our new program is right for you. Find out if you can join and get matched to a program.

Visit [www.alamedaalliance.org/live-healthy/dpp](http://www.alamedaalliance.org/live-healthy/dpp) or call Alliance Member Services Department toll-free at **1.877.932.2738** and ask about DPP.

If your doctor referred you, you may receive a phone call from our partner, Solera Health, to help you to sign up.

