Weigh Less, Live More.

It's not too late – register today!

Attend the upcoming screening event to learn your risk of type 2 diabetes. If you qualify, there may be a program to help you lose weight and prevent diabetes. And best of all, you can participate at NO COST as part of your health plan.*

43 POUNDS!

Karen lost 43 pounds by changing to a healthier lifestyle with the Diabetes Prevention Program.

You will receive:

- 16 weekly health coaching sessions.
- Support to track your progress, learn healthy eating habits, and reduce stress.
- Physical activity guidelines.
- Motivational techniques.

HCA 66-086 (8/16)

Washington State Health Care Authority
Public Employees Benefits Board

What's your score? If you score 9 or higher call today!

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart to the right. Do you weigh more than the weight listed for your height? (see chart to the right)
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?
		◀ **TOTAL** Add up your score and see below.

HGT (feet)	WGT (pounds)
4′ 10″	129
4′ 11″	133
5′ 0″	138
5′ 1″	143
5′ 2″	147
5′ 3″	152
5′ 4″	157
5′ 5″	162
5′ 6″	167
5′ 7″	172
5′ 8″	177
5′ 9″	182
5′ 10″	188
5′ 11″	193
6′ 0″	199
6′ 1″	204
6′ 2″	210
6′ 3″	216
6′ 4″	221

About Your Score

9 or more points: High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle change programs, like the Diabetes Prevention Program.

3 to 8 points: Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

You qualify if you have a risk quiz score 9 or higher and have a body mass index (BMI) of 25 or higher (22 or higher for Asian ethnicity). You qualify if you weigh more than the weight listed in the above chart. You can also qualify if your blood value is in the prediabetes range. Call for more information.

1-888-926-6099 ext. 326 to participate.

*The Diabetes Prevention Program ("DPP") is available to you at no additional cost as part of your health plan. Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your health plan's privacy policy and applicable law.

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