

Stop Diabetes!

Did you know that you can prevent Type 2 Diabetes?

Join the **HealthyConnections Prediabetes Program**

to get the information and support you need
to prevent diabetes!

Eligibility

If your A1c is between 5.7 and 6.4, as diagnosed by your doctor or at a City Health Assessment, and you are in a City medical plan and live in the Austin area, you are eligible for the program.

The Prediabetes Program

The program helps you take control of your health by adopting healthy habits to reduce your chances of developing Type 2 diabetes, one of the leading causes of heart disease, stroke, blindness, and kidney and nerve disease. This program has proven results, reducing cases of Type 2 diabetes by nearly 60%.



Prediabetes Program Highlights:

- Attend a one-hour education class for 16 weeks, led by a YMCA lifestyle coach.
- Get help reducing your body weight and increasing your physical activity.

INCENTIVE: Get a FREE, 3-month membership to the YMCA at week 4, with two FIT Start sessions (a fitness assessment plus an orientation to gym equipment).

How To Sign Up

Call the Diabetes Prevention Program at **800-237-4942** for class locations and times.

Classes are offered at City worksites and participating YMCAs.

YMCA Locations:

- Town Lake Branch
- Northwest Family Branch
- Hays Communities YMCA
- Southwest Family Branch
- East Communities Branch
- North Austin Branch
- Springs Family Branch



Email:

HealthyConnections@austintexas.gov

Call:

**512-974-3284 and ask to speak with
a Wellness Consultant**