

# Build healthy lifestyle habits that work for you

If you are not at your ideal weight, chances are you may not feel your best. But carrying even a few extra pounds can increase your risk for developing many conditions, including prediabetes.

## Lifestyle changes that fit your life

Feel better, have more energy, reduce stress, and lose weight. With coaching and the support of our community, you can build healthy habits that can last a lifetime.

Our Diabetes Prevention Program offers two ways to engage. Both are **12 months** in length, comprehensive, recognized by the Centers for Disease Control and Prevention (CDC), and available **at no cost to you** as part of your Highmark coverage, if you meet the criteria on the CDC prediabetes screening tool.

## Retrofit<sup>SM</sup> online and mobile app

The Retrofit program provides you with resources like expert-led classes, an online community for peer support, food, weight, and activity tracking, personalized coaching and much more. You'll also receive a digital scale and activity tracker to make it easy for you to monitor your progress on Retrofit's dashboard using your computer or their mobile app.

## YMCA

The YMCA program is delivered in-person. Enrollees in this program attend structured sessions at on-site locations. This is a year-long program of 25 sessions led by a trained Lifestyle Coach. Coaching sessions for nutrition, behavior, and exercise are included, along with food, weight, activity tracking and peer support.

To confirm if a YMCA near you offers this program, simply visit [ymca.net/diabetes-prevention/locate-participating-y/](http://ymca.net/diabetes-prevention/locate-participating-y/) and enter your ZIP code.

## Get started today!

To see if you meet the criteria for prediabetes and are eligible for the program, complete the CDC Prediabetes Screening Test on the back of this flier. If you qualify, follow the steps below to enroll.

- Log in to your member website, found on the back of your member ID card.
- Click on **Diabetes Prevention**.
- Select either the **Retrofit** or **YMCA** link.



With either option, you'll get:

Expert coaching



Engaging lessons



Support of a community of individuals just like you



Have questions? We can help.

Blues On Call<sup>SM</sup> is here to answer your questions and help you achieve your health goals. You can reach Blues On Call at the number on the back of your member ID card.

# CDC Prediabetes Screening Test

One in three American adults has prediabetes and most don't know they have it! Prediabetes can lead to diabetes, which has no cure. But prediabetes can be reversed with the right lifestyle changes.

## Could you have prediabetes?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

Take the first step. Find out your risk for prediabetes.

## Take the test — know your score.

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are zero (0) points.

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a woman who has had a baby weighing more than 9 pounds at birth?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a sister or brother with diabetes?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a parent with diabetes?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you younger than 65 years of age and get little or no exercise in a typical day?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you between 45 and 64 years of age?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you 65 years of age or older?  |



## Add your score and check below to see what it means.

YES	NO
1	0
1	0
1	0
5	0
5	0
5	0
9	0

AT-RISK WEIGHT CHART			
Height	Weight*	Height	Weight*
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

\*Weight in pounds

### If your score is 3 to 8 points

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your doctor about your risk for type 2 diabetes.

### If your score is 9 or more points

This means your risk is high for having prediabetes now. Talk to your doctor and consider enrolling in the Diabetes Prevention Program.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

Retrofit and YMCA are independent companies that do not provide Blue Cross and/or Blue Shield products or services. Retrofit and YMCA are solely responsible for their products and services.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。