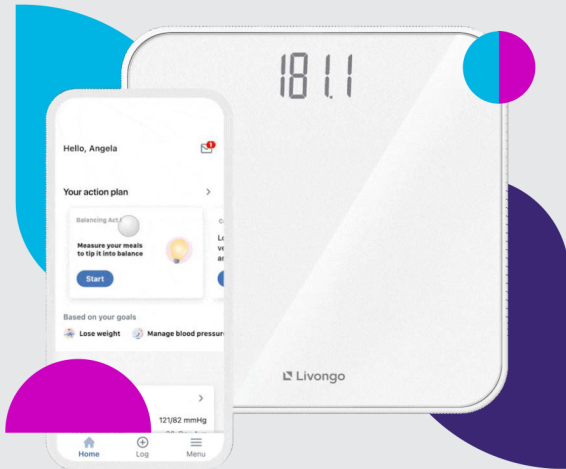


## Diabetes Prevention Program: What to know about this benefit



**Did you know that, on average, people who have been diagnosed with diabetes have to pay over twice as much in medical costs than if they did not have diabetes?<sup>1</sup>**

Your benefit can help you avoid those costs through the Diabetes Prevention Program. You get support with smart devices, expert coaches and easy-to-follow, personalized plans.

**133 million Americans live with diabetes or prediabetes, but 84% of them don't know they have it yet.<sup>2</sup>**

The Diabetes Prevention Program is available to you through our benefits and can help if you might be at risk of getting type 2 diabetes. The program lets you get ahead of diabetes with medically certified content, activity tracking and ongoing coaching.

- **What is the program?** The Diabetes Prevention Program is for people who are at risk of getting type 2 diabetes and is based on clinical standards of care from the Centers for Disease Control and Prevention (CDC).
- **What resources do you receive?** The program doesn't cost you anything and provides personalized plans so you can live your healthiest life possible. It helps you lose weight and provides you with a connected scale to automatically track your progress. You also have the option to work with a certified health coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** You can either download the Livongo app, call 800-945-4355 or visit the website by scanning the QR code below. You will start the process by answering a few simple questions about your health to see if you qualify. After you join, you will be mailed a Welcome Kit with instructions on how to get started.

**Call 800-945-4355**

Visit

[Strong.Livongo.com/STATEOFIOWA/Now](https://strong.livongo.com/STATEOFIOWA/Now)

Download the app  | 



<sup>1</sup><https://www.diabetes.org/about-us/statistics/cost-diabetes>

<sup>2</sup><https://www.diabetes.org/newsroom/official-statement/2022/ada-statement-regarding-updated-national-statistics-report>

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