

* * Diabetes Prevention & Management * *



Focus	Pre-Diabetes	Pre-Diabetes + Diabetes Management
Description	Developed by the Centers for Disease Control (CDC), this lifestyle change program helps you reduce your Type 2 diabetes risk by learning new skills in losing weight, becoming more physically active and reducing stress.	Puts you in charge of your eating decisions to stop restrictive dieting while curbing mindless and emotional eating for optimal blood sugar management.
Format & Tools	<ul style="list-style-type: none"> ● In-person weekly group meetings ● Trained lifestyle coach ● CDC-approved curriculum ● Group support 	<ul style="list-style-type: none"> ● Self-paced online classes ● Weekly inspirational email ● Q&A forum ● Member portal ● Mobile app
Duration	12 months, 26 classes, 1 hour each. Starts weekly, then bi-weekly, then monthly.	6 online classes, 1 hour each. Self-paced classes.
Employee Cost	\$0 - full program for all eligible participants (see below) <i>Funded by the UA Cooperative Extension and the UA College of Agriculture & Life Sciences</i>	\$179 - 6 classes \$129 rebate if join ASU research study <i>Cost per participant, paid by employee</i>
Registration	preventdiabetesaz.org/find-a-class	amihungry.com/state-of-arizona-diabetes-class-online/
Completion Definition	150 HIP points* earned after 16 sessions completed	150 HIP points* earned after 6 sessions + quiz completed
Eligibility	Benefits-eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan Must meet program eligibility requirements	Benefits-eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan Must meet program eligibility requirements



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**To register for HIP (Health Impact Program) and earn up to a \$200 annual incentive, visit totalwellbeing.az.gov. HIP participation is not required to enroll in any program. All rules of the individual providers, State medical plan enrollment, and HIP apply. All activities are subject to verification by the program administrator. Reasonable accommodations will be provided to individuals with disabilities. Rev. 2.2020*

