

# PREVENT TYPE 2 DIABETES

## Register for the Prevent T2 Program

### WHAT IS IT?

The **Prevent T2 Program** is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

### WHO SHOULD REGISTER?

Individuals 18 and older diagnosed with prediabetes, overweight, have prediabetes risk factors, or have blood-test levels indicated below:

- Hemoglobin A1c: 5.7-6.4
- Oral Glucose Tolerance Test: 140-199 mg/dl
- Fasting Glucose Test: 100-125 mg/dl
- Prediabetes Risk Test: Score 5 or higher

### IS THERE A COST?

The Prevent T2 Program is a year-long fee for service program, covered by most insurances with no or low out-of-pocket cost.

### BENEFITS

- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Having a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

SCHEDULE	MEETING	LOCATION
<b>August 2025 - June 2026</b> <ul style="list-style-type: none"><li>• Classes offered: Tuesdays</li><li>• Time: 1:00 pm to 2:00 pm</li><li>• This <b>YEAR</b>-long program consists of a total of three consecutive phases</li></ul>	<b>PHASE 1</b> <b>August 5, 2025 to September 23, 2025</b> <ul style="list-style-type: none"><li>• One class a week (No class on 12/25/24 and 1/1/25)</li></ul> <b>PHASE 2</b> <b>October 7, 2025 to January 13, 2026</b> <ul style="list-style-type: none"><li>• One class every two weeks</li></ul> <b>PHASE 3</b> <b>February 10, 2026 to June 30, 2026</b> <ul style="list-style-type: none"><li>• One class meets every four weeks</li></ul>	Classes will meet online. A meeting link will be sent to registered participants prior to the start of the program.  <b>PREVENT T2</b> 

### FOR MORE INFORMATION

**Call:** 301-856-9465

**Email:** [WellnessInfo@co.pg.md.us](mailto:WellnessInfo@co.pg.md.us)



Take the prediabetes risk test!

