

# Did you know that you can prevent diabetes?



## Are you eligible?

Participants may be eligible if they:

- Are 18 years or older.
- Have a body mass index of at least 25 (or at least 23 if they identify as Asian).
- Meet at least one of the following three blood test requirements within the 12 months of the first core session:
  1. A hemoglobin A1c test with a value between 5.7 and 6.4 percent.
  2. A fasting plasma glucose of 100–125 mg/dL.
  3. A two-hour plasma glucose of 140–199 mg/dL (oral glucose tolerance test).
- Haven't been diagnosed with type 1 or type 2 diabetes (other than gestational diabetes).
- Don't have end-stage renal disease.
- Haven't enrolled in the program before.

**Starting January 1, 2019, HMSA members are now eligible to participate in HMSA's new Diabetes Prevention Program.**

## How does it work?

- This program includes lessons, handouts, and resources from the Centers for Disease Control and Prevention that help participants change their lifestyle and can last up to two years.
- In the first six months of the program, participants attend 16 core sessions. After the first six months, participants can attend maintenance sessions and follow-up meetings to help them stay on track.
- A lifestyle coach specially trained to lead the program will support participants in their goals and help them maintain their progress. The coach also leads fun and engaging group discussions.

## How much does it cost?

- The program is available for a \$0 copayment for eligible HMSA members. However, they can attend the program only once and only in Hawaii.

## Interested in the program?

- If you're at risk for diabetes, ask your doctor if this program is right for you.
- Check your *Guide to Benefits* for more information.
- For a list of participating program sites, see the other side of this flier.

## Questions?

Call **948-6079** on Oahu or **1 (800) 776-4672** toll-free on the Neighbor Islands. Monday through Friday, 8 a.m. to 5 p.m.



## Participating Program Sites

### **Kaimuki-Waialae YMCA**

4835 Kilauea Ave.  
Honolulu

### **Kalihi YMCA**

1335 Kalihi St.  
Honolulu

### **Leeward YMCA**

94-440 Mokuola St.  
Waipahu

### **Mililani YMCA**

95-1190 Hikikaulia St.  
Mililani

### **Nuuanu YMCA**

1441 Pali Hwy.  
Honolulu

### **Windward YMCA**

1200 Kailua Road  
Kailua

### **YMCA Program Coordinator**

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