

# 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, the HMSA Diabetes Prevention Program will be available to eligible EUTF and HSTA VB retiree members without Medicare. Members with Medicare may be eligible to participate in the Medicare 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 **948-6499** on Oahu or **1 (800) 776-4672** toll-free on the Neighbor Islands Monday through Friday, 7 a.m. to 7 p.m. and Saturday, 9 a.m. to 1 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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