

# Diabetes Prevention Program

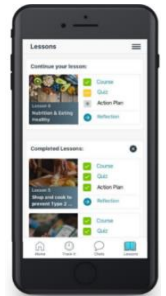
More than 1 in 3 American adults are at risk for Type 2 diabetes, and most don't even know it. Just as your lifestyle can increase your risk, taking action to improve your health can reduce your risk or prevent diabetes altogether. Simple changes today can prevent diabetes tomorrow.

Eligible HMAA members receive **free** access to **VP Transform**, an innovative digital diabetes prevention program powered by Virgin Pulse. A short online quiz will determine your risk factors for developing Type 2 diabetes. If you qualify based on your results, you'll get access to tools to help you succeed.



This CDC-approved 12-month personalized program can lower your risk for diabetes by:

- Improving your eating habits and staying on track with a personal health coach
- Reducing your body weight with personalized goals, motivation, and a free wireless scale
- Increasing your physical activity in ways that work for you, including a free Fitbit activity tracker



## Take the quiz to see if you qualify

HMAA members aged 18 years or older who self-report diabetes risk factors in their online quiz may enroll. Visit [hmaa.com/wellness/diabetes-prevention-program](http://hmaa.com/wellness/diabetes-prevention-program) to access the quiz. You will be asked to create an online account first.

<p><b>Integrated Technology</b></p>	<p><b>High-Touch Human Support</b></p>
<p><b>Smartphone App</b> The Transform app is the hub for behavior tracking, coach and group communication, and evidence-based curriculum</p>	<p><b>One-on-One Sessions with a Health Coach</b> Professional Health Coaches provide tailored guidance and individual feedback to each member.</p>
<p><b>Connected Smart Devices</b></p>	
<p><b>Auto-synched Scale</b> Wifi-enabled scale that provides accountability and instant feedback</p>	<p><b>24/7 Peer Support</b> Members are placed into online peer groups of 10 to 15 where they offer encouragement, seek support, and trade tips.</p>
<p><b>Fitbit Inspire</b> Behavior tracking tools are integrated into the app. Members earn a physical activity tracking device by participating in the program.</p>	

If you meet the program qualifications, you will be invited to enroll.

You can then download the Transform mobile app from the **Apple** or **Android** app stores and start participating from your mobile device.

For more information about our health and wellness benefits, visit [hmaa.com/wellness](http://hmaa.com/wellness) or [facebook.com/HMAAwellness](https://facebook.com/HMAAwellness).