

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 **Personify Health - Transform**, an innovative digital diabetes prevention program. 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 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 to access the quiz. You will be asked to create an online account first.



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

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

For more information about our health and wellness benefits, visit hmaa.com/wellness.