



## UCI Diabetes Prevention Program

**MARK YOUR  
CALENDARS**  
COMING IN FEBRUARY 2019



# DIABETES PREVENTION PROGRAM

Do you have pre-diabetes or are you at risk for developing diabetes? Don't become a statistic. Together with UCI Health, learn healthy living habits that can help you beat the odds and improve your numbers.

This new, year-long, Center for Disease Control (CDC) recognized program will begin February 5, 2019. The program will require participants to attend weekly in-person classes the first four months, bi-monthly in-person classes the following two months, and monthly in-person classes the final six months. Earn a Fitbit and gift cards when you reach attendance and weight loss goals throughout the length of the program.

## FREE TO UCI EMPLOYEES

UCI employees will be able to register and schedule appointments at participating UCI Health facilities, including UCI Health in Orange and Gottschalk Medical Plaza in Irvine at the UCI campus.

**TO REGISTER:** Visit [www.wellness.uci.edu/DPP.html](http://www.wellness.uci.edu/DPP.html)

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