



BETTER YOU

DIABETES PREVENTION PROGRAM

BetterYou Prevention

A program from *Florida Blue* 

Are you overweight? Not so active? It could be more serious than you think. One-third of American adults have prediabetes. Five out of six don't know they have it¹.

Losing weight lowers your risk

Prediabetes means your blood sugar is higher than normal, but not high enough yet for a diabetes diagnosis. Left untreated, it can progress to Type 2 diabetes. The good news? When people lose weight and start exercising, more than half reverse their prediabetes².

Become a better you

The Better You Diabetes Prevention Program can help you change your lifestyle and lower your risk for Type 2 diabetes. There's no extra cost.

To qualify, you must have a Body Mass Index (BMI) of 25 or higher and pass a [screening quiz](#) through Better You Prevention. The program is open to people age 18 years and older who have NOT already been diagnosed with diabetes.

Take the first step to a better you. Visit www.flblue.com/byprevent/dpp to find out if you're at risk.

¹ Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2020. <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>.

² Ibid.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).