

## Diabetes Prevention Program

If you're at risk for diabetes,  
**you're not  
alone**



## Are you at risk?

Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

## If so, it's time to take action!

Beat prediabetes and earn up to 350 Vitality Points when you complete the **FREE** national Diabetes Prevention Program (DPP). The program helps participants make real lifestyle changes to prevent diabetes, and is proven to reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers at-risk members FREE enrollment in a DPP course. Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) or call Anthem's personal health consultants at **1.844.402.KEHP (5347)** to learn more about how to enroll in a course.

## Starting in October

### Cincinnati

The YMCA  
5040 Kingsley Drive  
Cincinnati, OH 45227  
Wednesdays beginning Oct. 21  
6:30-7:30 p.m.

The YMCA  
3159 Montana Ave.  
Cincinnati, OH 45211  
Mondays beginning Oct. 26  
6-7 p.m.

**Sign up today! Call  
1.844.402.KEHP (5347)**

For all your wellness benefits, visit [LivingWell.ky.gov](http://LivingWell.ky.gov)

**LivingWell**

Questions?  
[Contact Us](#)



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