

# Diabetes Prevention Program

*The **Diabetes Prevention Program (DPP)** is a CDC approved 12 month long lifestyle change program designed to lower your risk of getting Type 2 Diabetes.*

## Benefits of DPP Program



Eat right



Lower your stress &  
sleep better




Lose weight

## Who qualifies?

- If you have pre-diabetes
- If you score high on the pre-diabetes risk test
- If you're 18 or older and overweight

 More information:  
[www.dcphealthprogram.com/signup](http://www.dcphealthprogram.com/signup)

 Contact us:  
**1-888-893-1569 (TTY: 711)** 24 hours a day,  
7 days a week.



We do not sell, trade, or rent personal identification information to others. All information is kept confidential and will not be shared with anyone outside the DCP's DPP program.

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