



Integrated Health Management Program to Drive Health Behavior Change Extending Your Reach. Supporting Your Care Goals. Engaging Your Patients.

We can't afford not to address prediabetes...

Diabetes is the **7th** leading cause of death in the U.S.

It affects **2+.# million** people

* **## million** are undiagnosed



1 in 3 U.S. adults aged 20 years or older had prediabetes in 2007

The diagnosed diabetic population is growing annually by

1.5 million

\$245 billion

Costs associated with diabetes in 2012

2x higher

Medical expenses for diabetics are more than **two times higher** than for people without diabetes

MiHIA Diabetes Prevention Program (MiHIA DPP) is a program designed to prevent type 2 diabetes among your most at-risk patients. It is an intensive group lifestyle behavior change program targeted at patients with prediabetes. It is research-driven and validated with proven outcomes.

The program engages patients through a refreshing approach that includes social support and health coaching to motivate lasting health behavior change. *MiHIA DPP* is offered through a coordinated and comprehensive suite of services and a local health coaching network.

Evidence-based Curriculum

The *MiHIA DPP* curriculum follows the clinically-proven Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (National DPP). The National DPP is rooted in the evidence and outcomes of the National Institutes of Health clinical-trial, supported by CDC. The trial found that by making modest lifestyle changes, participants lost five to seven percent of their body weight and reduced their risk of developing Type-2 diabetes by 58 percent. Among participants age 60 years and older, the reduction was even greater at 71 percent.

To learn how to offer the *MiHIA DPP* program to your patients, contact:

