

What Makes This Different?

The program includes:



22 LIVE, COACH-LED
GROUP SESSIONS OVER
12 MONTHS



A TRAINED
LIFESTYLE COACH



PRACTICAL TOOLS
FOR REAL LIFE



SUPPORT THAT KEEPS
YOU GOING



PEOPLE WHO
UNDERSTAND WHAT
YOU'RE FACING

You'll learn realistic strategies for real life situations – from home and work to travel, meals out, family life, and busy schedules.

If you've tried to do it on your own and nothing sticks, this program was built for you.

Ready to Take the Next Step?

- Learn about the program
- Contact the program coordinator - Lisa Burbage
- Find an upcoming class



843-442-8909



www.wellnessfive.com



SCAN FOR MORE DETAILS



Wellness Five[®]

Small changes today can make a
big difference tomorrow.

Wellness Five is a CDC-recognized
National DPP provider and a
Medicare-enrolled MDPP supplier.

Prevent Type 2 Diabetes Before It Starts



SMALL STEPS. REAL SUPPORT. LASTING CHANGE.

Have you been told you have prediabetes—or that your blood sugar is higher than it should be?

The CDC's National Diabetes Prevention Program helps people build realistic habits that can reduce their risk for Type 2 diabetes.

No extreme diets.

No judgment.

Just support that fits real life.



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Is It Right For You?

You may qualify if you:

- Have an A1C between 5.7% and 6.4%
- Have prediabetes
- Meet the program's weight-related eligibility requirements
- Have a history of gestational diabetes
- Are at risk for Type 2 diabetes based on a screening or provider referral

Coverage may be available though:

- Medicare
- Medicare Advantage plans
- Private health insurance
- Employer-sponsored health plans

We'll help verify your insurance before you enroll.

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What Is the National Diabetes Prevention Program?



The National Diabetes Prevention Program (or NDPP) is a CDC-recognized program that helps people lower their risk of Type 2 diabetes through realistic, lasting lifestyle changes.

Participants join live, interactive group sessions led by a trained Lifestyle Coach, where they can ask questions, share experiences, and receive ongoing support.

This is not a quick fix.

It is a year-long program designed for changes you can actually stick with.

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

Why Prediabetes Matters

The good news?

Prediabetes doesn't have to become diabetes. With the right tools, Type 2 diabetes can often be delayed or prevented.

This program can help you:

- Lower risk for Type 2 diabetes
- Lose weight without dieting
- Have more energy
- Manage stress
- Build healthier habits
- Improve sleep
- Feel more confident
- Find support and accountability

You do not have to do this alone.



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