

Prediabetes



Prediabetes Program Guide

Session	Minimum Number of Contacts	Topic Discussion	Corresponding Pages*
1	1	Getting Started Glucose, Type 2 diabetes, Prediabetes Signs and Symptoms Screening Risk Factors	2 – 7
2	1	How to Make Lifestyle Changes Goal Setting Identifying Potential Barriers Understanding Social Cues Creating Healthy Behaviors	8 – 11
3	1	Managing Stress Stress and Diabetes Coping Style Breathing Exercises and Meditation	12 – 13
4	1	Activity Exercise and Diabetes Balanced Fitness Routine Motivation Tips	14 - 16
5	1	Eat a Healthy Diet Basic Tips for Controlling Blood Sugar Understanding the Glycemic Index Eating at Home Eating Out/Drinking Alcohol	17-23
6	1	Get Continued Support Support and Health Coaching Dealing with Slip-ups	24-26

*Full program guide via online wellness portal for all program participants