

PREVENT TYPE 2 DIABETES

Register for the Prevent T2 Program

WHAT IS IT?

The **Prevent T2 Program** is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

WHO SHOULD REGISTER?

Individuals 18 and older diagnosed with prediabetes, overweight, have prediabetes risk factors, or have blood-test levels indicated below:

- Hemoglobin A1c: 5.7-6.4
- Oral Glucose Tolerance Test: 140-199 mg/dl
- Fasting Glucose Test: 100-125 mg/dl
- Prediabetes Risk Test: Score 5 or higher

IS THERE A COST?

The Prevent T2 Program is a year-long fee for service program, covered by most insurances with no or low out-of-pocket cost.

BENEFITS

- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Having a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

SCHEDULE	MEETING	LOCATION
January 2025-January 2026 <ul style="list-style-type: none">• Classes offered: Thursdays• Time: 10:00am to 11:00am• This YEAR-long program consists of a total of three consecutive phases	PHASE 1 January 30, 2025 to March 20, 2025 <ul style="list-style-type: none">• One class a week (No class on 12/25/25 and 1/1/26) PHASE 2 April 3, 2025 to July 10, 2025 <ul style="list-style-type: none">• One class every two weeks PHASE 3 August 14, 2025 to January 8, 2026 <ul style="list-style-type: none">• One class per month	Classes will meet online. A meeting link will be sent to registered participants prior to the start of the program. 

FOR MORE INFORMATION

Call: 301-856-9643

Email: WellnessInfo@co.pg.md.us



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