



# PreventT2 Program

## Hold Back Diabetes

**Prevent T2** is a **FREE** health and wellness program to help prevent Type 2 diabetes. Join others in your community. Learn. Share. Laugh. Be yourself. Make lasting changes so diabetes doesn't take away the things you love.

### Eligibility:

- 18 years or older with a BMI  $\geq$  25 (Asian BMI  $\geq$  22)
- No previous diagnosis of type 1 or type 2 diabetes

### With one of the following:

- HbA1c between 5.7%-6.4%
- Fasting plasma glucose of 100-125mg/dL
- 2 hour plasma glucose of 140-199mg/dL (after a 75gm glucose load)
- Previous diagnosis of gestational diabetes (may be self-reported)

### Additional requirements:

- This is a year-long program.
  - Months 1-6: Classes meet weekly
  - Months 7-12: Classes meet monthly

For more information  
about our program  
visit us online at  
**[echn.org/blockdiabetes](http://echn.org/blockdiabetes)**

You may also call  
our office at  
**860.647.6824**

**ECHN**™ *Diabetes  
Wellness Center*  
Eastern Connecticut Health Network