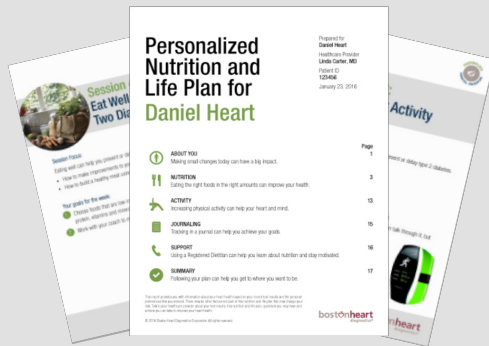


RESULTS THAT LAST



Utilize your **Life Plan** and work with your **Registered Dietitian Coach** to create an action plan to help you:

- Prevent or delay type 2 diabetes
- Make healthier choices
- Lose weight
- Set realistic, achievable goals
- Cope with challenges
- Reduce stress
- Make lasting lifestyle change

READY TO GET STARTED?

First, ask your healthcare provider if you are eligible.

Then, take these next steps:

- Get Boston Heart blood testing.
- Visit mybostonheart.com to get started or call **877.425.1252** option **4**.
- Purchase your Diabetes Prevention coaching package.
- Talk to a Registered Dietitian Coach.

References:

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014.
2. Knowler WC, Barrett-Conner E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002; 346:393-403.

© 2017 Boston Heart Diagnostics Corporation. All rights reserved. The Boston Heart logo is a registered trademark of Boston Heart Diagnostics Corporation in the U.S. and in other countries. Boston Heart Diagnostics Corporation reserves the right to change this document at any time without notice and disclaims liability for editorial, pictorial or typographical errors.

06230517

COULD YOU BE AT RISK OF DEVELOPING TYPE 2 DIABETES?

REDUCE YOUR RISK



Type 2 Diabetes

Prediabetes

Normal

Without weight loss and moderate physical activity, **15-30% of people with prediabetes** will develop type 2 diabetes in five years.¹

PERSONALIZED DIABETES PREVENTION PROGRAM

Start on your path to **lasting lifestyle change** to prevent or delay type 2 diabetes with a program truly **personalized to you**.

PROGRAM BENEFITS



Personalized Nutrition and Life Plan.

Customized food lists, menus and recipes will help you learn how to eat healthy and lower your risk.



Support from a Registered Dietitian Coach.

You will get personalized support from health and nutrition experts throughout the entire program.



Online patient portal. The online patient portal is accessible to you 24/7 which includes online tools and resources such as activity logs, grocery lists and more.



Interactive curriculum.

During the 22 session course, your Registered Dietitian Coach will walk you through the steps needed to prevent or delay type 2 diabetes.



Proven program. This program, modeled after the CDC's curriculum, was proven to reduce the risk of developing type 2 diabetes by 58%.²

