

DIABETES PREVENTION AT WORK

What percentage of your workforce is, or will be, affected by diabetes? Are you aware of the costs of this disease to your organization? How do you help your employees to reduce their risks and improve health?

Nearly 24 million Americans have diabetes—one third do not even know it! In addition, at least 57 million American adults have pre-diabetes. Possible serious complications of diabetes include heart disease, stroke, high blood pressure, kidney disease and blindness. (Source: Centers for Disease Control and Prevention)

Research has shown that progression to diabetes is not inevitable if people with pre-diabetes take small steps to lose weight, increase physical activity and return blood glucose levels to normal. LifeWork Strategies is pleased to offer an 'at work' diabetes prevention program to you and your employees, which includes:

SCREENINGS

Hemoglobin A1c blood work (non-fasting)
Blood pressure screening
Body composition and weight assessment

COUNSELING

Confidential report for each participant & aggregate data report for your company
Results counseling for all participants with an abnormal HbA1c screening
Follow up call to participants with abnormal HbA1c results in four weeks

EDUCATION

Diabetes awareness poster for your workplace
Two seminars on goal setting and making healthy lifestyle changes to reduce diabetes risks
6-week email series offering tips for lowering weight, exercising and controlling blood sugar

This program is not intended to replace an individual's care by their physician. Screening regulations vary by state. Contact us to discuss screening availability and options.

PRICING: \$1,292.00* for Diabetes Prevention Program at Work (up to twenty employees). Each additional participant is \$32.50. Screenings may be repeated in three months at a reduced rate of \$26.00 per person (twenty person min.). A Lipid Profile may be conducted for an additional fee.

SCHEDULE: Contact your LWS Account Manager or Cyndi Phillips: 301-315-3655; cfales@adventisthealthcare.com

**This promotional rate is available from February 1, 2011 through April 30, 2011.*



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