Introducing Prevent, a new benefit from SEGI™

BE MINNESOTA NICE

to yourself
American adults has prediabetes. Without action, most of us will progress to type 2 diabetes over the next 5-10 years.
Most people can reduce their risk by losing a modest amount of weight, just 5–7%.
INTRODUCING Prevent

Prevent is a 16-week online program designed to help participants lose weight and reduce the risk of type 2 diabetes. The average participant loses 11 pounds at 16 weeks.
A professional health coach provides one-on-one support and guidance throughout the program.

A support network of 12 to 18 participants for encouragement.

A proven health curriculum to inspire actionable and sustainable behavior change.

A suite of tools including a wireless digital scale to track progress and boost motivation.
The 16-week program is divided into four phases anchored by four major themes in the curriculum.

1st Phase
Changing food habits

2nd Phase
Increasing activity levels

3rd Phase
Preparing for challenges

4th Phase
Reinforcing healthy choices
Take **Prevent** with You

Access the Prevent app on iOS or Android for convenient access to on-the-go support and activity tracking.
Promotional materials for Minnesota state employees.

Flyer

Fact Sheet
Prevent is a 16-week online program that provides everything you need to adopt healthier habits, lose weight, and reduce your odds of developing type 2 diabetes and heart disease. Even modest weight loss makes a difference: studies prove that dropping just 5-10% of your body weight can dramatically lower your risk.

This fun and effective program is available to SEGIP members and their adult dependents at no cost.

Start your journey to better health by taking a quick, easy online screener. Depending on your results, you may qualify for Prevent.

Start with the basics:

- **Week 1:** Eat Healthier
- **Week 2:** Increase Activity
- **Week 3-4:** Overcome Challenges
- **Week 5-8:** Strengthen Habits
- **Week 12-16:** Stay Healthy for Life

Get started at preventnow.com/segip2015
Program Details

• All SEGIP members should take a one-minute online test to see if they qualify. The program is offered at no cost to you as a member of SEGIP.

• This fun and effective diabetes prevention program is available to SEGIP members and their adult dependents at no cost.

• Personal health information, such as daily weigh-ins, will only be visible to participants and their health coaches on private accounts.
Find out if you’re eligible by taking the one-minute test at preventnow.com/SEGIP