

## Level out

GDBIW provides access to resources that help you prevent and manage type 2 diabetes.



## November is Diabetes Awareness Month

Type 2 diabetes is the most common form of diabetes. In fact, more than 30 million Americans have type 2 diabetes\*. The good news? It's preventable! Health screenings and annual physicals help detect if you are at risk or have higher than normal blood sugar levels ("prediabetes"). Acting early can help return your blood sugar levels to the normal range.

Learn more about the resources GDBIW provides to help you prevent and manage type 2 diabetes below.

If you are at risk for type 2 diabetes, you can **reduce your risk by nearly 60%** by losing 7% of your body weight.



Source: [mayoclinic.org](http://mayoclinic.org)

## Three ways to prevent and manage type 2 diabetes:

### 1 Get weight loss support.

**Omada\*\*** helps you lose weight and keep it off, reducing your risk of type 2 diabetes. The 16-week program provides one-on-one coaching, a personalized plan with weekly lessons, and an online community to help you reach your goals. Eligibility is based on BMI and cardiovascular risks. Omada is available to those employees and spouses covered by a GDBIW health plan.

### 2 Build healthy habits.

A healthy diet and regular exercise are important when preventing and managing type 2 diabetes. Even small changes can make a big impact. Need help getting started? **Yo-Fi\*\*** provides access to exercise and cooking videos to help you get active and eat well.

### 3 Connect with a health coach.

If you are at risk for or have type 2 diabetes, speak to a health coach. Your health coach can help you understand your condition and teach you how to manage it through good eating and exercise habits. Call Fit for Life at 442-3145 to get connected with a health coach. |

### Don't manage alone.

Managing type 2 diabetes can be overwhelming. If you have a lot on your mind, it may be helpful to speak with a **Life365** counselor.

You have access up to eight free sessions per issue, per year.

Call **877-622-4327** or go to **myCigna.com**.

**Life365**

If you do one thing in November, check your numbers. Schedule an annual physical with your doctor to learn if you are at risk for type 2 diabetes. Visit your medical carrier's website to find an in-network provider near you.

\* Source: Centers for Disease Control and Prevention (CDC)

\*\* Go to [mycastflight.com/generaladynamics](http://mycastflight.com/generaladynamics) or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Omada and Yo-Fi. Message and data rates may apply.