



About Us

A Vision of Health is a non-profit organization that is part of the National Diabetes Prevention Program and has been recognized by the CDC since 2015. We aim to prevent Type 2 diabetes through early intervention, which may also significantly lower the risk of serious health complications.



More Information :



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AVisionOfHealth.org



National Diabetes Prevention Program



Program Benefits



At no cost, you'll get tips to help you make lasting healthy changes, from eating healthier to getting more physical activity and managing stress.



You will gain support from people with similar goals and challenges who will help you overcome obstacles and celebrate successes.



With the changes you'll make to your diet and physical activity, you may have more energy to do the things you love.



You may also be able to manage other conditions like high blood pressure and high cholesterol with fewer medications.*

*Talk to your health care provider before making any changes to your medication.

Eligibility Criteria

- Age exceeding 18 years.
- Body Mass Index (BMI) surpassing 25, or 23 for individuals of Asian American descent.
- Confirmation of prediabetic status, indicated by an HbA1C level ranging from 5.7 to 6.4, fasting glucose levels between 100 to 125, random glucose levels spanning 140 to 199, or a gestational diabetes diagnosis.



Program Details

A year long program to support your goal of improving your health and preventing Type 2 Diabetes.



Weekly 1-hour core sessions for up to 6 months, then monthly sessions for the rest of the year to help your new, healthy habits stick and keep you from slipping back into old habits.



There are no out-of-pocket costs for participants with prediabetes who are enrolled in Medicare.

