

National Diabetes Prevention Program

With rising rates of preventable diseases, there has never been a better time to take control of your health and the health of those you care for. A Vision of Health is here to support prediabetics reach sustainable lifestyle changes that improve their well-being and reduce the risk of developing type 2 diabetes.

A Vision of Health is a comprehensive, Medicare and Medi-Cal covered program designed to help individuals with prediabetes and a BMI of 25 or higher make lasting lifestyle changes to reduce their risk of developing type 2 diabetes. Rooted in the belief that early intervention can significantly lower the risk of serious health complications, this program offers a structured path toward better health. It features a CDC approved curriculum and is led by trained lifestyle coaches.

Over the course of a year, participants engage in a total of 22 online sessions. There are 16 one hour Core sessions in the first six months, followed by 6 Core Maintenance monthly sessions, all aimed at supporting long-lasting habits. Each session mandates participants to provide evidence of their progress through weight scale readings, tracking of exercise minutes totaling 150 per week, and dietary logs. For those enrolled in Medicare Part B, there is no out-of-pocket cost.

Eligibility criteria for program enrollment are as follows:

- 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

A Vision of Health is a non-profit dedicated to reaching all communities and its ability to connect with those in need. These relationships provide extensive resources, from health education to support networks, ensuring participants have everything they require to succeed. By connecting participants with lifestyle coaches, we are working together to improve public health, one person at a time.

Warm Regards,

A Vision of Health Team

admin@avisionofhealth.org