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# Personalized

# Diabetes Prevention

Subscribers and spouses enrolled in the State of Wisconsin Group Health Insurance Program have exclusive access to Verily Onduo,<sup>1</sup> an at-home virtual care management program that helps you prevent diabetes and better manage your health.

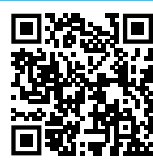
If you have been diagnosed with prediabetes or have screened “at risk” for diabetes based on the **CDC at-risk screener**, the Onduo Diabetes Prevention Program by Good Measures may be the right fit for you.

The Onduo Diabetes Prevention Program is a year-long, evidence-based program that helps you build healthier habits by making small daily changes that fit into your lifestyle.

- Work with a CDC-trained lifestyle coach to choose healthy foods and activities that fit into your lifestyle.<sup>2</sup>
- Engage in group classes and discussions for peer support.
- Track your progress daily to better understand how food, activity, and medications impact your health.

Research showed that people with prediabetes who joined a structured lifestyle change program could cut their risk of developing type 2 diabetes by 58% (71% for people over age 60).

— Centers for Disease Control and Prevention



## Interested?

The registration process will help determine your eligibility to participate in this program. Scan this QR code to register.

Questions? Call **800-821-6591**.

Visit [cdc.gov/diabetes/prevention-type-2](https://cdc.gov/diabetes/prevention-type-2) to learn more about diabetes prevention.

<sup>1</sup> Onduo offers certain care management and coordinated clinical care programs for eligible individuals, as further described at [onduo.com](https://onduo.com). Onduo Management Services LLC, Onduo LLC and a network of affiliated professional entities (collectively, “Verily Onduo”) collaborate to offer the services. Verily Onduo services are meant to be used in conjunction with regular in-person clinical services and not intended to replace routine primary care.

<sup>2</sup> Good Measures is not intended as a substitute for your primary care physician’s guidance. Before making major lifestyle changes, please discuss your treatment plan with your primary care provider.

Good Measures is a registered trademark of Good Measures, LLC.

