

**DO YOU OR SOMEONE YOU KNOW HAVE
PREDIABETES OR ARE AT RISK OF TYPE 2 DIABETES?**



A **personalized wellness program** that empowers you to lead a healthier life and may reduce your risk of developing type 2 diabetes.

HOW IT WORKS



NO COST to You



12 Month Program



Personal Health Coach



Online Education

Find out if you are eligible!

www.lmc.ca/diabetes-prevention
Questions? Email us at prevention@LMC.ca

**Join the fight against type 2
diabetes and spread the word by
telling your family and friends!**

STUDY BENEFITS



**Weight
Loss**



**Waist
Circumference
Reduction**



**Physical
Activity
Improvement**



**Healthy
Eating
Improvement**



**Reduced Risk
Of Type 2
Diabetes**



**Delivered
Over-The-Phone
& Online**

FOR HEALTHCARE PROVIDERS

Who to refer:

- A1c 6.0 - 6.4%, and/or fasting glucose 6.1-6.9 mmol/L, or;
- Those with diabetes risk factors

How to refer:

Refer to LMC Healthcare and note “CDPP” on the referral:

- Phone: 1.866.701.ENDO (3636)
- Fax: 1.877.LMC.APPT (562.2778)
- Email: referrals@lmc.ca
- Online: www.LMC.ca/referrals

Patients will receive telephonic lifestyle coaching and will NOT be seen by an LMC endocrinologist as part of this study.

Individuals can also self-refer at
www.lmc.ca/diabetes-prevention,
by clicking on “**Am I eligible?**”

For more information, contact:

1.855.610.3060
prevention@LMC.ca