

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](http://www.lmc.ca/diabetes-prevention)  
Questions? Email us at [prevention@LMC.ca](mailto: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](mailto:referrals@lmc.ca)
- Online: [www.LMC.ca/referrals](http://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](http://www.lmc.ca/diabetes-prevention)**,  
by clicking on “**Am I eligible?**”

**For more information, contact:**

**1.855.610.3060**  
**[prevention@LMC.ca](mailto:prevention@LMC.ca)**