

LEARN HOW YOU CAN PREVENT DEVELOPING TYPE 2 DIABETES

The following are risk factors for developing Type 2 Diabetes:


- Family history of diabetes
- Overweight
- Age 45 years and older
- Women who have had gestational diabetes (diabetes during pregnancy)
- African American, Hispanic/Latino American, Native American, or Alaska Native
- An A1C level between 5.7%-6.4%
- Fasting blood sugar between 100-125 mg/dL



NATIONAL
DIABETES
PREVENTION
PROGRAM

Did you know that
1 in 3 adults has
prediabetes, but
only 10% know
they have it?



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IMPACT Diabetes Program


- The American Pharmacist Association is providing a **FREE online course** to learn how to prevent or delay developing type 2 diabetes.
- This course is recognized by the CDC, and is valued at \$525!
- Over 60% of those who completed this program did **not** develop diabetes.
- Pre-recorded sessions, that you can listen to on your own time.
- Once weekly, you will call in to a group session and speak with peers about your progress!
- After the initial 6 months, the sessions occur 1-2x a month, totaling only 24 hours of your time over the course of one year.
- Your personal lifestyle coach is available to speak with you directly, and they will provide you with support and guidance to assist you on this journey!



NATIONAL DIABETES PREVENTION PROGRAM

- Self driven exercise and weight-loss activities, with **no** fees of any kind
- Individual coaching and group classes to show support and reach similar goals
- Customized program to your circumstances and physical condition
- Mobile-friendly interface (all available in English and Spanish)



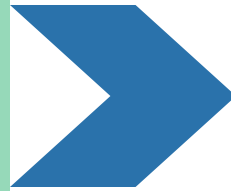
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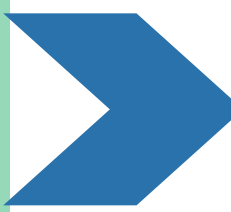
You can **find out if you are eligible** for the program and get your **blood sugar checked for free** during October, November and December at Bremono Pharmacy!

For \$30 Bremono Pharmacy is also offering A1C tests with results in 15 minutes!



[Read more about A1C Testing](#)

To make an appointment call 804-288-8361



[Read more about the FREE blood sugar test](#)



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