

Hello XXXXXX staff,

In order to support the health of all of our employees at ORGANIZATION NAME, the YMCA's Diabetes Prevention Program will be provided as a covered benefit. The Diabetes Prevention Program (DPP), is an innovative evidence-based program to help reduce the risk of developing type 2 diabetes by 58%, and in adults aged 60 and over, by 71%. It incorporates healthy lifestyle changes by eating healthier, increasing physical activity, and losing a modest amount of weight.

“The YMCA's Diabetes Prevention Program may be my lifesaver! The support and suggestions of the Coach and other participants have been very helpful in my success so far. I have lost weight and my A1c dropped. This is truly something that I can do long-term and I look forward to continued success.” – Patty, Program Participant

Why is this important? Eighty-six million Americans have prediabetes and 90% of them do not know they are. Prediabetes involves having higher than normal blood glucose levels, but not high enough to be diagnosed as diabetes.

To find out if you are at risk for type 2 diabetes and qualify for this program, take the risk assessment quiz at <http://www.ymca.net/diabetes-prevention/risk.html>

DPP classes will be offered at LOCATION, and we encourage you to be a part of this healthy lifestyle class which requires 1 hour of your time per week for the first 16 weeks, then 1-2 hours per month for the remainder of the year. As soon as we have 12-15 interested individuals we will form a small group and begin a class.

Incentives will be offered for enrollment and completion of the DPP including INCENTIVE 1 and INCENTIVE 2.

Should you have further questions about the program please contact NAME OF CONTACT at EMAIL or PHONE.

Sincerely,

NAME  
BUSINESS NAME  
PHONE NUMBER  
EMAIL ADDRESS