

My Weigh ² prevent diabetes

Proactively Prevent Diabetes Among Your Employees

Viridian Health Management's **My Weigh 2 Prevent Diabetes™** is an evidence-based lifestyle behavior change diabetes prevention program that can reverse the tsunami of costs on employers associated with employees with type 2 diabetes. Unlike other diabetes prevention programs, the **My Weigh 2 Prevent Diabetes™** curriculum follows the CDC's National Diabetes Prevention Program (National DPP), of which Viridian is a recognized program partner.

The program is outcomes-based and allows you to assume less risk and pay only for engagement and outcomes that employees achieve.

Why My Weigh 2 Prevent Diabetes™?

- Diabetes is the 7th leading cause of death in the United States and affects almost 26 million people.
- 7 million people are undiagnosed.
- 1 in 4 U.S. adults aged 20 years or older had prediabetes in 2007, and the diagnosed diabetic population is growing annually by 1.5 million.
- In 2012, the costs associated with diabetes were \$245 billion.
- Complications and comorbidities of diabetes include: heart disease and stroke, hypertension, blindness and eye problems, kidney diseases, amputations, dental disease, pregnancy complications and depression, among others.
- Diabetes can be reversed by early lifestyle interventions that create healthier habits and result in weight loss.
- The National DPP is rooted in the evidence and outcomes of the NIH clinical-trial, supported by CDC.
- The trial found that by making modest lifestyle changes, participants lost 5 to 7 percent of their body weight and reduced their risk of developing type 2 diabetes by 58 percent.

At a Glance



Social support



Lifestyle health coaching



Offered in convenient community locations

16

Weekly in-person classes



Fun, engaging content

6

Monthly follow-up classes

Program Features

- Supported by Viridian's national coast-to-coast health coaching network.
- Supported by a turnkey suite of program marketing and curriculum support materials available in an online toolkit.
- Administrative services through MAESTRO™ - Viridian's population health management technology - that include data import, participant identification and outreach, summary billing, aggregate reporting and reporting to DPRP.
- Rapid implementation to begin within six weeks.
- Pay-for-performance payment model.

Program Benefits

- Offers employers a scalable, evidence-based solution that impacts healthcare costs.
- Clinically proven to demonstrate significant results.
- Supports value-based healthcare where documenting outcomes associated with preventing and controlling chronic diseases are vital.
- Offers an alternative National DPP solution that is not a payer product.
- Offered by Viridian, a leader in preventing chronic disease through pioneering health coaching methodologies and lifestyle behavior change programs and founder of the National Diabetes Prevention Consortium, a group of national diabetes stakeholders working collaboratively to halt the diabetes epidemic.

Without lifestyle changes to improve their health, 15-30 percent of individuals with prediabetes will develop type 2 diabetes within five years.

Results of treating 100 high risk adults (age 50) for three years:

- Prevents 15 new cases of type 2 diabetes
- Prevents 162 missed work days
- Avoids the need for blood pressure/cholesterol pills for 11 people
- Adds the equivalent of 20 years of perfect health
- Avoids \$91,400 in healthcare costs

Learn More

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The **My Weigh 2 Prevent Diabetes** is a program of Viridian Health Management, a recognized Centers for Disease Control and Prevention (CDC) Diabetes Prevention Program partner.

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