



Kern Family
Health Care®

Diabetes Prevention Program (DPP)

Kern Family Health Care (KFHC) is offering DPP to KFHC members at risk of diabetes. DPP is designed to prevent or delay type 2 diabetes. This is a one-year program that includes:

1. Classes and one-on-one support with a lifestyle coach.
2. Support groups of members with prediabetes.
3. Up to \$410 in gift cards for attending classes and reaching goals.
4. Classes offered in person at the KFHC office and via Zoom.

You may be eligible for DPP if you meet **all** the following:

1. Are 18 years or older.
2. Are overweight.
3. Have been diagnosed with prediabetes or tested positive on the Prediabetes Risk Test.
4. Don't have diabetes and are not pregnant.

Find out if you are eligible for DPP. Call us at 800-391-2000 (TTY: 711), Monday through Friday, 8AM to 5PM. Ask for the Health Education Department.

Kern Family Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-391-2000 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-391-2000 (TTY: 711)。

You + Us = a better day!

800-391-2000
kernfamilyhealthcare.com

