Why do I Prevent T2?

My wife and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

The Prevent T2 lifestyle change program can help you lose weight, become more physically active and reduce stress.

With Prevent T2, you get:
• A proven program to prevent or delay type 2 diabetes
• An education based curriculum delivered by a trained health coach
• Twenty-six telephonic sessions over the course of one year

You may be eligible to receive a free Fitbit device.

Join the Prevent T2 program – so you can keep doing the things you love.

Visit ProvidenceHealthPlan.com/healthcoach or call 888-819-8999 or 503-574-6000 (TTY: 711) to enroll in the program.