

# Healthy Habits from Home

Want to lower your risk of type 2 diabetes and improve your health? Take action today!

The lifestyle change program can help you stay on track from the comfort of your living room and reduce your risk for type 2 diabetes.



## Start a Healthy Lifestyle

Take small steps that will help you learn to eat healthier foods, increase your physical activity, manage stress, and find what motivates you.

## Join a Virtual Community

You won't be on your own to make these changes. You'll receive a full year of support from a trained lifestyle coach and a group of people with similar goals and challenges.



## Get Connected

Find support and learn from others in this interactive program through a cell phone, tablet/iPad, or web camera on your computer.



**ADULTS IN THE  
UNITED STATES HAS  
PREDIABETES.**

Take a one-minute  
risk test at  
[doihaveprediabetes.org](http://doihaveprediabetes.org).

***Stay healthy, even at a distance!***