



# Diabetes Lifestyle Program

This pre-diabetes program is designed to educate members on how to prevent or, at a minimum, delay the development of diabetes. Members receive educational materials focused on prevention through diet, weight loss management, exercise, and compliance with prescribed medication, if applicable. Tailored to support users with Pre, Type 1, Type 2 and Gestational Diabetes, the UnitedHealthcare Diabetes program provides information and tools to assist members in addressing the wide spectrum of diabetic needs and issues.

#### Program features include:

- Body Mass Index Calculator: Calculates ideal Body Mass Index ranges based on height and weight
- Diabetes Complications Tool: Shows how diabetes affects various parts of the body
- Diabetes Meal Exchange Chart: Provides certain nutritional value and exchange point information on various foods (fruits, breads, meats)
- Diabetes Risk Quiz: Estimates users' risks for developing diabetes
- Food Pyramid: Shows how much of each food group users should eat in general based on age, gender and activity level
- Diabetes Sugar Bowl: Shows how certain behaviors (exercise, skipping meals) may affect sugar levels
- Foot Tool: Provides information on diabetic foot care
- Healthy Weight Calculator: Shows users their healthy weight in general based on their height and body frame type