

# Live Well

Diabetes Prevention Program



Methodist Wellness Services

## What Is **Live Well**?



It's no secret what it takes to reduce your risk for developing Type 2 diabetes. That's what the **Live Well** program can help you do!

Many people are at high risk of developing diabetes because of their

- Family history
- Age
- Weight
- Race
- Lifestyle
- All of the above

The **Live Well** program pairs participants with a health partner for **8 monthly sessions\*** to support lifestyle changes that can have a big impact on delaying or avoiding the onset of Type 2 diabetes and its health consequences.

Each participant will also receive **8 educational flyers** mailed to their home, a pre- and post-**HbA1c test**, monthly **weight and blood pressure checks** and a pre- and post-**finger stick lipid assessment**.

Your **Live Well** partner will support you and provide up-to-date tips on **taking care of your health**.

\*meeting schedules can be customized—weekly, monthly, bi-weekly, etc. in person, phone, email.

## Lifestyle Goals

- 8 glasses of water daily
- 3-4 servings of veggies daily
- 3-4 servings of fruit daily
- Limit sweets & fats
- Limit sodas
- Limit fried foods
- Limit caffeine
- Eat breakfast daily
- Cardio 3-5 x per week
- Stretching 3-5 x per week
- Strength training 2-3 x per week
- BMI between 19 and 25
- Monitor weight regularly
- Sleep 7-9 hours per night
- Practice stress management
- Take 15 minutes daily for self
- Take prescribed meds
- Visit doctor as needed
- Monitor blood pressure
- Monitor blood glucose
- Don't smoke
- Limit alcohol

## For more information about this program

Contact  
**Mariela Molina**  
Methodist Wellness Services  
713-441-5591  
mm Molina@tmhs.org

