

Do you or someone you care for have prediabetes?

Join the **Prevent T2 EACH Program**



**More than
1 in 3 adults**



**in the U.S. have prediabetes,
but most people don't know
they have it.**

About the Prevent T2 EACH Program

We're here to help! This is a year-long, group support program for people with prediabetes.

This program helps patients lower their risk through lifestyle changes.

Program offers in: Cantonese, English, Mandarin and Vietnamese

Prediabetes means you are at a higher risk for diabetes, heart disease, and stroke.

Months 1-6

In the first phase of the program, participants meet weekly for 16 consecutive sessions with the same group at the same location and time.

Months 7-12

In the second phase of the program, groups meet less frequently – bi monthly or monthly.



Enhance Asian Community on Health, Inc.



Call 617 905 6329 to learn more or mail: each@each4asian.org to enroll today!

Do you or someone you care for have Pre-DIABETES?

Enhance Asian Community on Health invites you to join us online for **Prevent T2 Diabetes Program**



Prediabetes means that your blood sugar is higher than normal. (**A1C 5.7 to 6.4** or fasting blood sugar level **100 to 125 mg/dL** indicates you have prediabetes, and 126 mg/dL or higher indicates you have diabetes.) But it's not high enough for type 2 diabetes.

More than 1 in 3 American adults has prediabetes.

- 9 out of 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more likely to get:

- Diabetes, Heart disease
- Stroke

Prevent T2 is a yearlong program. It's designed for people with prediabetes. It's also for people who are at high risk for type 2 diabetes and want to lower their risk.

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Enhance Asian Community on Health

亚裔康泰福利会
한인 건강보험센터



Working together to improve the health of our communities