

Healthy Habits for Diabetes Prevention

What was your most recent blood glucose (*sugar*) reading? If your blood glucose is higher than normal, but not high enough to be considered diabetes, you may have prediabetes.

More than 1/3 of US adults have diabetes. Most people don't know they have it. Research shows that healthy habits can prevent or delay prediabetes becoming diabetes. These healthy habits can improve more than just the blood glucose, they can improve your overall health.

Healthy Habits for Diabetes Prevention

- 3-part weekly group series
- Taught by diabetes and wellness experts
- Telephonic
(join through e-mail link or via phone)
- Learn what Healthy Habits can prevent or delay diabetes
- Create your own Action Plan
- Classes available in English and Spanish

Eligibility

This is an insurance benefit for those with Banner Medicare Advantage.

Who should attend?

- Those who have been diagnosed with prediabetes.
- Those who have had elevated blood glucose levels, but not diagnosed with diabetes.
- Those who want to prevent diabetes.



Schedule

- Series 1:
3/6/2025 | 3/12/2025 | 3/20/2025
- Series 2:
7/10/2025 | 7/17/2025 | 7/24/2025
- Series 3:
9/4/2025 | 9/11/2025 | 9/18/2025
- Series 4:
10/30/2025 | 11/6/2025 | 11/13/2025

English Series is from 10 a.m. to 11 a.m.

Spanish Series is from 2 p.m. to 3 p.m.

To register, please call 602-230-CARE (2273).

To learn more about your other Wellness Benefits, please visit www.BannerHealth.com/MA.

For questions, please call 480-684-5090.

For accommodations for persons with special needs at meetings or if you have any questions, please call our Customer Care Center, 8 a.m. to 8 p.m., seven days a week. Or visit www.BannerHealth.com/MA.

Banner Medicare Advantage Dual HMO D-SNP 877-874-3930, TTY 711

Banner Medicare Advantage Prime HMO 844-549-1857, TTY 711

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