**Did you know?**

* 1.3 million adult New Yorkers have **prediabetes**.
* Prediabetes means that your blood glucose (sugar) levels are

higher than normal, but not yet high enough to be called

diabetes.

* More than 700,000 adult New Yorkers have **diabetes.**
* Many people don’t know they have prediabetes or diabetes.
* For example, nearly 90 percent of adult Americans living with

prediabetes don’t know they have it.

**WorkWell NYC and our City health insurance plans offer programs for employees with prediabetes or diabetes:**

1. **National Diabetes Prevention Program (NDPP**)**:** This free program helps people who are overweight and at risk for developing diabetes delay or avoid developing it in the future.
   * Take this [risk test](http://bit.ly/2jqu8YZ) to find out if you may have prediabetes. Discuss your results with your health care provider and [email WorkWell NYC](mailto:workwell@olr.nyc.gov) to learn about free NDPP classes available to City employees. If you don’t have a health care provider, [click here](http://bit.ly/2vS2ibH) to find one in your network.
2. **Case Management Program:** In this [program](http://bit.ly/2mkJQWp), nurses and social workers provide personalized support to individuals covered by EmblemHealth City Health plans and living with diabetes, or currently experiencing gestational diabetes.\*

\**Gestational diabetes is diagnosed when a pregnant woman has high blood sugar levels during pregnancy. It may go away after giving birth but increases the risk of diabetes later in life.*

* Call the number on your EmblemHealth insurance card to learn more, or call your insurance carrier to learn about other programs.

**Whether you are at risk for diabetes or not, the following can improve your health:**

**Get regular physical activity** at least 30 minutes a day, five days a week:

* **Shape Up NYC** offers free fitness classes in all five boroughs. Registration is not required. Find a workout class near you at [nyc.gov/shapeupnyc](http://on.nyc.gov/2hFkLzS).
* [**Make NYC your gym**](http://www1.nyc.gov/assets/doh/downloads/pdf/public/dohmhnews10-02.pdf)and check out some of NYC’s [landmarks](http://on.nyc.gov/2AC9JDj) along thousands of miles of sidewalks, walkways and [green spaces](http://on.nyc.gov/2ic4UK2).

**Eat a healthy diet** with more vegetables and fruits, and fewer sweets and sugary drinks:

* **Visit a farmers market** [near you](http://on.nyc.gov/2yY1Fkc)for locally grown, seasonal produce.
* **Check out the** [Guide to Healthy Eating and Active Living in NYC](http://on.nyc.gov/2hFu56T). This guide provides steps to create healthy habits, and tips to save money, lose weight, manage stress, gain more energy and set a good example for your children/family.

**WorkWell NYC** wants to help you and your family stay healthy. For more information on these and other resources for City employees, visit [WorkWell NYC](http://on.nyc.gov/2AFumj1) or email us at [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov).

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|  | Interested in becoming a [**WorkWell NYC Champion**](http://bit.ly/2ymzHN2)?  Click [here](http://bit.ly/2ymzHN2) to learn more and sign up! |
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