



Quality Insights & You

Participate in the National Diabetes Prevention Program through the Yes Health App

Yes Health offers the Centers for Disease Control and Prevention (CDC) nationally recognized Diabetes Prevention Program through a platform that is **100% virtual** and will provide patients with prediabetes the tools & support needed to create lasting, positive changes in their lives. Patients are able to use a smartphone or another mobile device to take pictures of meals, log activities, text their coach, and have access to fitness activities. The curriculum is delivered directly through the app and the coach feedback is in real time.

Benefits of Participation:

- The first 40 patients that enroll in the pilot group will have the **first 4 months of the program paid by Quality Insights.**
- Yes Health patients see **over 5.5% weight loss and average 219 minutes of activity per week** from participation in the program.
- Some health insurance providers cover Yes Health as well.
- The pilot is reserved for only the **first 40** who enroll.
- Our practice's code is:

Requirements to Participate:

- Patients age 18 years and older
- Overweight (BMI >25)
- Diagnosed with prediabetes OR have an Hemoglobin A1C of 5.7-6.4 OR an Fasting Glucose at 100-125 and do NOT have a diabetes diagnosis
- At-risk for developing Type 2 diabetes
- Access to a mobile device.

Information: For more information or to enroll, please visit www.yeshealth.com/gi. This will provide program and registration details.

Questions: Please email Robina Montague at rmontague@qualityinsights.org.



This publication was supported by the Cooperative Agreement Number NU58DP2018006563 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-HD-061020