

# Diabetes Prevention/Improvement, and/or Blood Pressure or Cholesterol Improvement

## First Quarter

### Are you at Risk for Diabetes, or have Diabetes? Do you have High Blood Pressure or High Cholesterol?

1. For Diabetes take the Prediabetes Risk Test. (located on [www.ipsc.com](http://www.ipsc.com), outside Brian's Office, or <https://www.cdc.gov/prediabetes/takethetest/>)
2. **If you are high risk (score of 5 or higher) or have high blood pressure or cholesterol you have 2 options:**
  1. **Option 1:** Set 2 personal goals to lower your risk and work on those goals for 2 months.
    1. When setting your own goals, do not choose anything you already do on a regular basis. Select an area you need to work on such as exercise, diet, weight, snacking, junk food, eat more whole foods and less processed foods, limit alcohol, quit smoking, lower blood pressure, etc.
  2. **Option 2:** To sign up for this program and receive individual help go to <https://www.cdc.gov/diabetes/prevention/lcp-details.html>. IPSC insurance may cover this, but please verify it is covered or pay on your own (eligible for plus reimbursement). This is a scientifically proven method to lower risk.
3. Start any time beginning January 8, 2024. This program will take until March 18 to complete or longer if needed. There is no deadline to finish.
4. At the end of the program return the completed form to receive a gift card.
5. If you need help completing your goals, please let Brian know.
6. Open to all employees and spouses. **If you are not high risk (5 or higher on the test) nor have high blood pressure or cholesterol, this program is not for you. Please participate in another IPSC sponsored challenge.**

**Challenge yourself.** Set a goal that helps you improve or improves your health. Be specific.

EXAMPLE of POOR GOALS: "Eat healthier," or "lose 15 lbs." Set your goals with details.

EXAMPLE OF A GOOD GOALS: "Eat healthier by consuming 3 servings of whole grains in place of refined grains each day." Another example would be, "lose 1 pound per week by cutting 300 calories per day of refined grains or snacking and add 30 minutes to your physical activity each day such as, walking 15 minutes during morning and afternoon breaks." Be specific with the goals and the steps to obtain them.

