

Lose Weight. Manage Blood Sugars. Prevent Diabetes.

STOP-D

The Epidemic of Diabetes

Did you know that 1 in 3 have prediabetes (90% undiagnosed) and 1 in 10 have diabetes (25% undiagnosed)? Diabetes is high in Asian Indians (17% women, 25% men), Chinese (11% women, 13% men), and Non-hispanic White (6% women, 9% men).

Diabetes can lead to serious health complications like blindness, kidney failure, heart disease, stroke, or loss of toes, feet and legs.

Diabetes can be prevented or reversed. Research at NIH demonstrated that lifestyle education is **2X** more effective in reducing incidence of diabetes compared to Metformin, the leading diabetes medication.

Introducing STOP-D

Do you have pre-diabetes, diabetes or family history? Is your HbA1c creeping higher? Are you interested in losing weight or to manage your blood sugars better?

STOP-D is an engaging, yearlong, CDC Full-plus recognized National Diabetes Prevention Program, aimed at losing body weight in a sustainable way to lower blood sugars, and prevent or manage diabetes.

This high touch telehealth program includes interactive online classes, meetings with a registered dietitian, group support and a personal health coach who helps you establish health routines comfortably.

What Our Participants Say

Prior to joining the program it was really hard and confusing and manage my diabetes with online material. The coaches are empathetic and gentle and firm in guiding me. The net result has been a weight loss from 200 to 175 lbs. and A1C from 9.2 to 6.1!

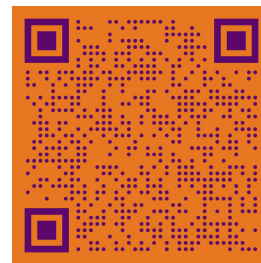
– STOP-D participant, VA



Program Details

- Comprehensive clinical, lifestyle risk assessment
- Detailed and personalized recommendations
- 22 interactive online sessions covering National Diabetes Prevention Program curriculum
- 4 evidence-based workshops on Lifestyle MEDS
- Frequent personal health coaching sessions
- Group/social support and weekly motivations
- Offered nationwide via telehealth

**Scan to Schedule
Free Consultation**



75% Discount for Eligible ECH Employees!

Program Fee: ~~\$799~~ \$200

FSA/HSA reimbursed



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