

Pathways to Healthy Living

DIABETES PREVENTION & MANAGEMENT



Diabetes is the:

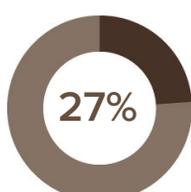
- Leading cause of kidney failure, non-traumatic, lower-limb amputations & new cases of blindness
- 5th leading cause of hospitalization
- 7th leading cause of death in the U.S.



4 out of the top 5 hospitals¹ for diabetes care are MDVIP Medical Centers of Excellence



The MDVIP Wellness Program can help you track & reduce risk factors



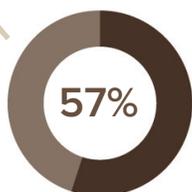
Eating fast food "2+ times per week raises type 2 diabetes risk 27%"¹⁰



MDVIP

Tools & support to prevent & control diabetes:

- Diabetes meal plan
- Healthy cooking classes
- Health education events
- Walking programs & more³



57% of women claim cost as an excuse for not eating healthy foods⁷



National pricing data shows that most fruits, vegetables and other **healthy foods "cost less per portion"** than foods high in fat, sugar & salt⁸



Watching a movie or "TV for 2-hours every day raises the risk of type 2 diabetes by 20%"⁶



150 min./week of aerobic exercise helps control diabetes risk factors related to blood pressure, weight and cholesterol^{4,5}



Walking helps burn abdominal fat that disrupts the balance of hormones & raises blood sugar⁴



"Women who did at least 30 minutes of moderate physical activity daily reduced type 2 diabetes risk by 30%"⁴



MDVIP scored much higher than the national health plan benchmarks for diabetes care and management²



Join Team MDVIP for Step Out: Walk to Stop Diabetes events
mdvip.com/TeamMDVIP

Time to Check In!

The medically-based MDVIP Wellness Program and affiliated physicians aim to stop diabetes from touching half of all Americans by 2020. Check in with your MDVIP-affiliated physician to take advantage of the support and medical expertise to help you achieve your personal health and wellness goals.

SOURCES

- ¹ U.S. News & World Report: 2013 Best Hospital Rankings
- ² A. Klemes, et al (2013). A personalized preventive care model versus a traditional practice: comparison of HEDIS measures. The International Journal of Person Centered Medicine, vol. 2, issue 4, pp 775-779
- ³ www.mdvip.com
- ⁴ www.prevention.com: "The Healthiest Walking Workout For Diabetics"
- ⁵ www.cdc.gov/physicalactivity/everyone/guidelines/adults.html
- ⁶ www.cnn.com "TV watching raises risk of health problems, dying young"
- ⁷ www.nydailynews.com "Junk food is more expensive than healthy food: study, says Dept. of Agriculture study"
- ⁸ www.ideafit.com/fitness-library/reasons-women-don%E2%80%99t-eat-more-healthfully
- ⁹ www.nbcnews.com/id/32861635/ns/health-diabetes/t/walking-may-aid-fight-against-diabetes
- ¹⁰ www.cnn.com/2012/07/harmful-export-american-style-fast-food-shortens-lives-around-the-world