



## *A healthier life starts here*

**Type 2 Diabetes is a global epidemic affecting millions of Canadians**



Over **1/3** of the population will have **diabetes** or **pre-diabetes** by 2020

While **3.4 million** Canadians have **diabetes**, more than **5.7 million** have **pre-diabetes**

Nearly **50%** of those with pre-diabetes **will go on to develop diabetes**

**Help prevent diabetes by referring your patients to Canada's National Diabetes Prevention Program**

### How it Works

A **free, personalized, wellness program** that empowers you to lead a healthier life and reduce your risk of developing Type 2 diabetes.



**No cost to you**



**12 month program**



**Personal health coach**



**Online education**

\*Eligible patients include those diagnosed with prediabetes (confirmed with blood test) or deemed high risk for developing Type 2 diabetes

LMC Healthcare is Canada's largest specialist care provider in diabetes & endocrinology. We have the knowledge, resources and expertise to help improve the health of those living with or at risk of developing Type 2 diabetes across the country.

# Why is our program effective?



## **Evidence-based**

Based on CDC DPP program in the U.S. that delivers proven results



## **Personal Health Coach**

Health Coaching is an effective way to engage patients and lower the risk of developing Type 2 diabetes



## **Individualized Support**

Individualized support with regular follow-ups leads to change in behaviour



## **Technology Enabled**

Leverages digital technology to engage patients between visits and facilitate communication



## **Lasting Behaviour Change**

Helps individuals develop new habits that last well after completion of program

## What are the benefits?



**Weight  
Loss**



**Waist  
Circumference  
Reduction**



**Physical  
Activity  
Improvement**



**Healthy  
Eating  
Improvement**



**Reduced Risk  
of Type 2  
Diabetes**

**Who should I refer?** Patients diagnosed with prediabetes (A1c 6.0 to 6.4, and/or fasting glucose 6.1-6.9 mmol/L) OR Patients with diabetes risk factors (the program will confirm eligibility with CANRISK)

**Where is it available?** The program is conducted entirely over the phone and the internet. The program is currently being offered in major metro areas in Southern Ontario and Winnipeg. It will be expanding to major cities across the country soon.

### **The program begins in Summer 2019 - Refer now!**

You can refer to us how you normally would, and note "DPP" on the request.

**Phone:** 1.866.701.ENDO (3636)

**Fax:** 1.877.LMC.APPT (562.2778)

**Email:** [referrals@lmc.ca](mailto:referrals@lmc.ca)

**Online:** [www.LMC.ca/referrals](http://www.LMC.ca/referrals)

For more information, contact:

### **Brad Lang**

Project Manager,  
Diabetes Prevention Program  
(416) 559-4665  
[prevention@LMC.ca](mailto:prevention@LMC.ca)

Please note: Patients must have a HbA1c of 6.0-6.4 and/or fasting glucose 6.1-6.9 mmol/L or score 33 on the CANRISK tool. You will be notified when your patient enters the program, or if they are not eligible. Your patient will not be referred to an Endocrinologist; they will be entered directly into the program screening.