



**Community
Health Plan**
OF IMPERIAL VALLEY

MEDI-CAL

Diabetes Care
PARTNERS

Diabetes Prevention Program

*The **Diabetes Prevention Program (DPP)** is a CDC approved 12 month long lifestyle change program designed to lower your risk of getting Type 2 Diabetes.*

Benefits of DPP Program



Eat right



**Lower your stress &
sleep better**



Lose weight

Who qualifies?

- If you have pre-diabetes
- If you score high on the pre-diabetes [risk test](#)
- If you're 18 or older and overweight

 More information:
www.dcphealthprogram.com/signup

 Contact us toll-free:
1-833-236-4141 (TTY: 711) 24 hours a day,
7 days a week.



We do not sell, trade, or rent personal identification information to others. All information is kept confidential and will not be shared with anyone outside the DCP's DPP program.

Community Health Plan of Imperial Valley, 512 W. Aten Rd., Imperial, CA 92251

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