



Concerned about diabetes?

LifeWorks Diabetes Prevention Coaching can help you reduce your risks.



Are you or someone you care about dealing with prediabetes? Are you worried about developing diabetes or preventing complications? Studies show that people with prediabetes can successfully prevent or delay the onset of diabetes by losing just five to seven percent of their body weight.

LifeWorks Diabetes Prevention Coaching can help. Contact us today to connect with an experienced, professional health coach who will work with you one-on-one to make healthy changes, whether it's losing weight, eating a healthier diet, or starting an exercise program.

LifeWorks Diabetes Prevention Coaching is:

- Individualized support from a qualified wellness coach who can help you improve your diet, start or increase a physical activity regime, and reduce your risks.
- Designed to help you understand prediabetes and diabetes, learn how to make positive lifestyle changes, and perhaps more importantly, how to maintain the improvements.
- Practical skills acquired through completion of an accompanying workbook.

Increase your chances of success and the likelihood of long-term maintenance. Take the first step on your journey to better health today, with professional support from LifeWorks' wellness coaching!

In addition to topic-specific modules, LifeWorks Health & Wellness Coaching also includes Ask a Coach, a single session approach. The purpose of this unique option is to address questions that do not fit into one of the traditional coaching programs.

Find out more by visiting "LifeWorks Health Coaching" in Quick Links under the Life section of the LifeWorks platform.

If you're joining LifeWorks using an invitation code, go to login.lifeworks.com or download the app and click on "Sign up."

Your invitation code is:

For example, if your unique employee identifier is 01, your invitation code is:

Download the app now, just search for "LifeWorks".

