

This is a recommendation to participate in Prevent Diabetes Central Oregon.

Participation in **Prevent Diabetes Central Oregon** is recommended based on the following eligibility criteria:

- ✓ 18 years or older, **and**:
- ✓ BMI \geq 25 kg/m² (\geq 23 if Asian), **and**:
- ✓ Diagnosis of prediabetes or Gestational DM based on (check one or more):
 - Fasting blood glucose (range 100-125 mg/dl)
 - HbA1c (range 5.7-6.4)
 - Previous Gestational Diabetes (may be self-reported)
 - Risk Test score 5 or higher:

https://doihaveprediabetes.org/wp-content/uploads/2018/09/Prediabetes_PrintableRiskTestEnglish.pdf

- Other _____

Participant Information

Name: _____

Address: _____

Phone: _____

I agree to receive a call from the Coordinator RE: Prevent Diabetes Central Oregon

Client Signature _____

Provider/Clinic/Agency Name _____

For more information:

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Prevent Diabetes

CENTRAL OREGON

Get Active | Lose Weight | Feel Great