

Sun Health Wellness Programs Put You In Control



DIABETES PREVENTION PROGRAM

Prediabetes Diagnosis? Take Back Control of Your Health

Take your first step by contacting Sun Health's Diabetes Prevention Program. As the only program in Arizona recognized by Medicare, we have been granted special privileges to provide in-person and online education. We are also one of a few organizations fully recognized by the Centers for Disease Control (CDC) for our successful record. Our program is convenient, easy to access and provides results.

A one-year commitment for a lifetime of wellness – at low or no cost. Program highlights:

- Improved health and nutrition through lifestyle changes
- Managed by a registered dietitian and certified lifestyle coach
- Weekly check-ins to ensure your progress
- Tips and tools to help you maintain a healthy weight
- Scale provided at start of program

"Within the first 6 months of the DPP program, I was able to lose 20 pounds and have kept it off!"

- JoAnn M., Sun Health Diabetes Prevention Program participant



360 WELLNESS PROGRAM

360 Brings Your Health Full Circle

If your physician suggests losing weight to help address conditions such as metabolic syndrome, and heart disease then 360 could be right for you. All these benefits at a low-cost:

- Unlimited access to health coaches
- Weekly check-ins to ensure your progress
- Wide range of interactive resources
- 24/7 access via smart phone app or desktop



Ready to learn more? Call (623) 471-9355
or visit SunHealthDPP.org