

# 1 in 3 U.S. adults has prediabetes.

## You can lower the risk for your workforce.



**Help your employees live longer, happier, and healthier lives.**

Healm gives you the tools to design and set up an effective type 2 diabetes prevention program benefit for your employees. The process is easy, and this free platform is designed to save you time and money. Healm guides you every step of the way through choosing, approving, and setting up a program.



### **The National Diabetes Prevention Program (National DPP) Lifestyle Change Program**

We'll help you offer a program recognized by CDC to prevent or delay type 2 diabetes.



### **Customized Platform Help**

We take care of you so you can take care of your employees. From start to finish, we'll help address any problems along the way.



### **Measure Plan Impact**

We'll help you stay organized and on track to meet all your goals and measure success over time.



### **Streamlined Experience**

We did all the hard work so you can take all the credit. Healm prioritizes people over process with an intuitive, easy-to-navigate platform.

WHY SHOULD TYPE 2 DIABETES PREVENTION BE A PRIORITY FOR EMPLOYERS?

**Take healthcare costs and double them. That's what diabetes does to your bottom line.**

On average, people with diabetes incur \$9,500 in health care costs each year. Through Healm, you can offer the National DPP lifestyle change program as a covered benefit. Preventing type 2 diabetes in your workforce will cost you a fraction of diabetes-related costs for your employees.

**“You do receive actual data and you can really assess the outcomes of the program through that data.”**

GAIL GROZALIS | EXECUTIVE DIRECTOR, FACULTY & STAFF WELLNESS, SYRACUSE UNIVERSITY

**Act now to help your employees get the most benefit out of their benefits.**

LEARN MORE AND REGISTER AT **HealmAtWork.org**



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