Ready for Health is a lifestyle change program that gives you coaching and peer support. It's based in science (evidence-based) and approved by the Rhode Island Department of Health and the Centers for Disease Control and Prevention (CDC).

**ABOUT READY FOR HEALTH**

Ready for Health teaches you how to fit healthier choices into your busy life. You'll:

- Learn new skills and habits
- Set goals and get the support you need to reach them
- Build a support system
- Gain tools to manage setbacks (they happen to all of us)

**THE SUPPORT YOU NEED**

Change can feel hard. But even small steps can improve your health.

Take exercise — moving your body just 30 minutes 5 days each week can help you lose up to 7% of your body weight in a year. When you do that, you reduce your risk of diabetes by 58%.

You also reduce your risk of:

- Heart disease and heart attack
- Kidney disease
- Stroke
- Liver disease
- Blindness

**SMALL STEPS, BIG CHANGES**

The Ready for Health program helps you reduce your risk of diabetes and other diseases. You'll find support to take steps including:

- Making mindful food choices
- Moving your body more
- Making friends who'll cheer you on

**HOW READY FOR HEALTH WORKS**

Change takes time. You'll attend **22 sessions** over the course of the year to help you make small lifestyle changes that add up to big results. You may also attend special sessions like cooking demonstrations.

At first, you'll **meet once a week**. As your changes become habits, you'll meet **biweekly** and then **monthly**. Your coach and peers are there to support you at every step.

**WHAT WILL I LEARN IN THE PROGRAM?**

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**IS READY FOR HEALTH RIGHT FOR ME?**

Talk to your healthcare provider to see if the Ready for Health program is right for you.

You may be eligible if you:

- Are 18 or older
- Are at a higher weight than you'd like to be
- Have prediabetes
- Are at high risk for prediabetes, also known as elevated blood sugar (A1c)

**WHAT DO I GET WHEN I JOIN READY FOR HEALTH?**

When you join Ready for Health, you get help with making healthy changes from a trained lifestyle coach. You also connect with others who are making changes of their own so you can support each other. Ready for Health is free for many participants. You can attend:

- In person
- Virtually
- A combination of in person and virtually

Join us today! Change feels easier when you have support. Ready for Health can help.
SMALL STEPS CAN LEAD TO BIG CHANGES

GET HEALTHIER FOR YOU.
GET HEALTHIER FOR THEM.

Taking steps toward better health is important for you. But it’s also important for those you love. Think about it: Changes you make to reduce your diabetes risk can lower the risk of disease for those who live with you too.

Your partner, your children, your grandchildren... maybe even your friends and neighbors — everyone benefits when you get healthier.

THE SUPPORT YOU NEED. EVERY STEP OF THE WAY.

Your lifestyle coach is there for you. As you go through the program, your coach provides:

- Advice from someone who’s been there
- Information to help you be successful
- Motivation to keep going
- Support when change is hard

Getting healthier is important for you. But it’s also important for your family and friends.

READY FOR HEALTH?
GET STARTED TODAY.

Contact us to learn more or enroll.

CALL 401-432-7217
EMAIL communityhealthnetwork@RIPIN.org
VISIT www.ripin.org/CHN

Assistance with transportation, child care, or other supportive services may be available. Contact us to learn more.

1 IN 3 RHODE ISLAND ADULTS HAS PREDIABETES — AND 8 IN 10 DON’T KNOW THEY HAVE IT.

Could you be at risk for prediabetes? Take a risk test.

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Ready for Health is Rhode Island’s CDC-recognized National Diabetes Prevention Program (DPP) lifestyle change program. The program is supported by the Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes, Heart Disease, and Stroke 5-year cooperative agreement.