

SMALL STEPS CAN LEAD TO BIG CHANGES



Ready for Health

a lifestyle change program
to prevent (or delay) diabetes

Reduce your diabetes risk with Ready for Health



If you're among the **1 in 3** Rhode Island adults with prediabetes, the Ready for Health program can help. This evidence-based approach leads you in taking small steps to help lower your risk of diabetes.

Not sure if you're at risk? Visit ripin.org/chn and click Ready for Health (Diabetes Prevention Program). You'll find a link to a quick test to check your diabetes risk.

How Ready for Health works



Ready for Health helps lower your risk of developing diabetes. You'll make small lifestyle changes that add up to big results.

Sessions are available:

- In person
- Virtually
- Hybrid

Ready for Health helps you make healthy changes



Small steps can lead to BIG changes. The Ready for Health program supports you in:

- Making mindful food choices
- Moving your body more

A trained lifestyle coach will be there for you with information and advice. You also get support and motivation from peers who are making healthy changes too.

Get healthier for you. Get healthier for them.



When you take steps to lower your diabetes risk, you also help lower the risk for those you live with.

Everyone benefits when you get healthier!

Get started today

Talk to your healthcare professional



You can ask your healthcare professional if Ready for Health is right for you or simply sign up for the program. Here's how:

- Call the Community Health Network (CHN) at 401-432-7217
- Email: communityhealthnetwork@ripin.org
- Visit the CHN class calendar at: <https://ripin.org/chn/>

Refer a patient

If you're a healthcare professional who'd like to refer a patient:

- Call: 401-432-7217
- Fax: 401-633-6229
- Refer via the CHN website at <https://ripin.org/chn/>



Is Ready for Health for me?



There's no out-of-pocket cost to participate in Ready for Health. You may be eligible for this program if you:

- Are 18 or older
- Have prediabetes
- Are at a higher weight than you'd like to be
- Have a family history of diabetes
- Had diabetes while pregnant

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Ready for Health is Rhode Island's CDC-recognized National Diabetes Prevention Program lifestyle change program. The program is supported by the Diabetes and Cardiovascular Health Program 5-year CDC cooperative agreement NU58DP007414.