

**Did you know?**

- 1.3 million adult New Yorkers have **prediabetes**.
  - Prediabetes means that your blood glucose (sugar) levels are higher than normal, but not yet high enough to be called diabetes.
- More than 700,000 adult New Yorkers have **diabetes**.
- Many people don't know they have prediabetes or diabetes.
  - For example, nearly 90 percent of adult Americans living with prediabetes don't know they have it.



**WorkWell NYC and our City health insurance plans offer programs for employees with prediabetes or diabetes:**

- I. **National Diabetes Prevention Program (NDPP):** This free program helps people who are overweight and at risk for developing diabetes delay or avoid developing it in the future.
  - Take this [risk test](#) to find out if you may have prediabetes. Discuss your results with your health care provider and [email WorkWell NYC](#) to learn about free NDPP classes available to City employees. If you don't have a health care provider, [click here](#) to find one in your network.
- II. **Case Management Program:** In this [program](#), nurses and social workers provide personalized support to individuals covered by EmblemHealth City Health plans and living with diabetes, or currently experiencing gestational diabetes.\*
  - \**Gestational diabetes is diagnosed when a pregnant woman has high blood sugar levels during pregnancy. It may go away after giving birth but increases the risk of diabetes later in life.*
  - Call the number on your EmblemHealth insurance card to learn more, or call your insurance carrier to learn about other programs.

**Whether you are at risk for diabetes or not, the following can improve your health:**

**Get regular physical activity** at least 30 minutes a day, five days a week:

- **Shape Up NYC** offers free fitness classes in all five boroughs. Registration is not required. Find a workout class near you at [nyc.gov/shapeupnyc](#).
- **Make NYC your gym** and check out some of NYC's [landmarks](#) along thousands of miles of sidewalks, walkways and [green spaces](#).

**Eat a healthy diet** with more vegetables and fruits, and fewer sweets and sugary drinks:

- **Visit a farmers market near you** for locally grown, seasonal produce.
- **Check out the [Guide to Healthy Eating and Active Living in NYC](#)**. This guide provides steps to create healthy habits, and tips to save money, lose weight, manage stress, gain more energy and set a good example for your children/family.

**WorkWell NYC** wants to help you and your family stay healthy. For more information on these and other resources for City employees, visit [WorkWell NYC](#) or email us at [workwell@olr.nyc.gov](#).



Interested in becoming a [WorkWell NYC Champion](#)?  
Click [here](#) to learn more and sign up!



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