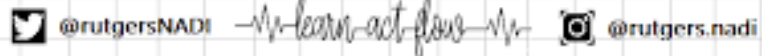




North American Disease Intervention



### Rutgers NADI Lifestyle Program

#### **(CDC National Diabetes Prevention Program)**

**A comprehensive, virtual and in-person, program aimed at preventing and managing prediabetes and diabetes in adults.**

Program details:

1. Biweekly virtual sessions on preventive health topics (diet, physical activity etc.)
2. Hemoglobin A1c is tested during the first and last in-person session
3. Other preventive screenings include: blood pressure, fasting blood sugar, body mass index, waist circumference, body fat, and heart rate.
4. If interested, you can receive up to \$150 by participating in a CDC study!
5. One-on-one interaction with CDC lifestyle coach and trained NADI community health volunteers
6. No cost

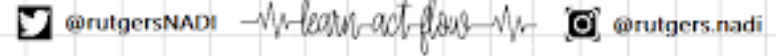
In this program, you would be paired with a community health worker who will be able to keep you accountable, motivated, and informed of the most beneficial foods and exercises.



Scan the QR Code or visit [www.NADlaid.org/for-patients](http://www.NADlaid.org/for-patients) to sign up to learn more about our offerings.



North American Disease Intervention



### Rutgers NADI Lifestyle Program

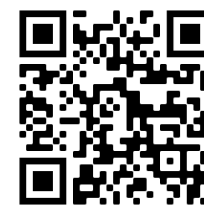
#### **(CDC National Diabetes Prevention Program)**

**A comprehensive, virtual and in-person, program aimed at preventing and managing prediabetes and diabetes in adults.**

Program details:

7. Biweekly virtual sessions on preventive health topics (diet, physical activity etc.)
8. Hemoglobin A1c is tested during the first and last in-person session
9. Other preventive screenings include: blood pressure, fasting blood sugar, body mass index, waist circumference, body fat, and heart rate.
10. If interested, you can receive up to \$150 by participating in a CDC study!
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12. No cost

In this program, you would be paired with a community health worker who will be able to keep you accountable, motivated, and informed of the most beneficial foods and exercises.



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