

### November is Diabetes Awareness Month

Diabetes is a chronic disease epidemic that affects millions around the globe. We are taking this opportunity to encourage employees to understand their risks and embrace the opportunity to take action now.



Did you know that as part of your CalPERS health plan you have access to a Diabetes Prevention Program at no additional cost to you?

Follow your health plan's link below to take the screener today to determine if you are at risk. If you or your adult family member(s) meet the risk criteria for type 2 Diabetes, you will be invited to apply for a Diabetes Prevention Program offered at no charge to you as part of your CalPERS health plan benefits.

[Anthem Blue Cross](#)

[Blue Shield](#)

[Health Net](#)

[Kaiser Permanente](#)

[PERS Select/Choice/Care](#)

[Sharp Health Plan](#)

[UnitedHealthCare](#)

[Western Health Advantage](#)

Join us in the movement to raise awareness and reduce the risk of diabetes.