## **★ LiVe Well** Diabetes Prevention Next Step Selection Form

If you know you have pre-diabetes, there's a lot you can do to prevent diabetes. There are a number of ways to help you get started on your diabetes prevention plan. You've already taken the first step by attending the *Pre-diabetes 101* class. Use this form to let us know your next step.

what is your next step i	for diabetes prevention?
Select the support program y	ou prefer.
☐ The Weigh to Health	n <sup>®</sup> program
<ul><li>Nutrition counseling with a registered dietitian</li><li>Follow up with your doctor</li></ul>	
_	ur Readiness Worksheet, write it here:
Your name	
Date of birth:	Phone: ()
Doctor who referred yo	u to the prediabetes class. We'll let your doctor know your plan.
Name (first and last)	
Clinic (include city)	
	We're always trying to improve.
	Please let us know if you thought this class was helpful. Tell us if there's anything else we can do to help you get started with diabetes prevention.
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