



JOE LOMBARDO
Governor



STATE OF NEVADA
PUBLIC EMPLOYEES' BENEFITS PROGRAM
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CELESTENA GLOVER
Executive Officer

JACK ROBB
Board Chair

December 18, 2023

Dear PEBP Participant,

Type 2 Diabetes is a serious health condition; in fact, a total of 37.3 million people in the United States have diabetes, and 90% are diagnosed with Type 2. Other illnesses and conditions often accompany diabetes, including high blood pressure and high cholesterol, adding more health risk.

The Public Employees Benefit Program (PEBP) staff has collaborated with the Nevada Business Group on Health, Dignity Health, and the Sanford Center for Aging to bring the National Diabetes Program and the National Diabetes Self-Management Education and Support program to PEBP members, at **NO COST to you.**

The National Diabetes Program (DPP) and the National Diabetes Self-Management Program (DSMP) programs are evidence-based and aim to empower people with diabetes to navigate self-management decisions and day-to-day activities.

The DPP is specifically designed for people who have been identified as pre-diabetic, based on several criteria, including medication prescribed, A1-C levels, and diagnosis by their physician. The National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing Type 2 diabetes. Highlights of the program are:

- A certified lifestyle coach to guide and encourage you.
- 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.
- Participants make real lifestyle changes.
- Participants meet a small group of people who are also making lifestyle changes to prevent diabetes.
- Cut participants' risk of developing Type 2 diabetes by 50%.

The DSMP Program focuses on those people who have been diagnosed with Type 2 Diabetes. Highlights of the program are:

- Evidence-based educational program to reduce symptoms and improve quality of life.
- A 7-week group program for people with type 2 diabetes.
- Sessions are 2.5 hours per week for 6 weeks.
- Participants meet with trained leaders, at least one of whom has a chronic condition, and a small group of people who are also diagnosed with diabetes.

At this time, the programs will be offered both virtually and in-person and will be taught by a member of Dignity Health or Sanford Center for Aging, who are local partners in this project. **These programs are FREE to PEBP participants.**

The National Diabetes Program (DPP) and the National Diabetes Self-Management Program (DSMP) programs are available to both active and retired members enrolled in a PEBP plan. **PEBP will not be involved in this training and will not be notified or track potential or actual participants to protect your privacy.**

You may receive a direct communication in the mail regarding your participation in one of these programs. We encourage you to take advantage of this free program to help control diabetes before it becomes a more serious condition. If you have any questions, please contact:

- Southern Nevada Residents: Call (702) 620-7800 or email Jemaima.Tagayuna@dignityhealth.org
- Northern Nevada Residents: Call (775) 784-4774 or email wellness.sca@unr.edu

Classes will be scheduled to begin in January 2024.

Space is limited! Register now to secure your enrollment.

Sincerely,

The Public Employees' Benefits Program