

Transform

OHIOHEALTH WELLNESS DIABETES PREVENTION

Are you ready to make a change?
If yes, it's time to **Transform!**

PROGRAM BENEFITS

- + Transform is a digital diabetes program where you participate through your mobile phone.
- + There are no scheduled meetings. The program is virtual, interactive and self-directed.
- + Personalized health coaching and online support.
- + Focus on lifestyle change and resilience.
- + Reduce your risk of developing Type 2 Diabetes.

ELIGIBILITY

You must meet the criteria below to participate in Transform:

- + OhioHealth associates, spouses and dependents, 18 years of age or older, who are OhioHealthy Plan members.
- + Have a risk as identified by the Transform enrollment survey.
- + No A1c needed.



NO COST TO PARTICIPATE!

There is no cost for employed OhioHealth associates enrolled in the OhioHealthy Medical Plan.

ENROLL
TODAY!

Contact OhioHealth Wellness at
(614) 788-WELL (9355) or
OhioHealthWellness@OhioHealth.com.

