

You may be eligible to participate in the GLB Program if you...

- Are over 18 years of age
- Are overweight (Body Mass Index greater than 25)
- Have been diagnosed as pre-diabetic
- Are a TRICARE Beneficiary
- Have PCM referral

THERE IS NO COST FOR THIS PROGRAM



ASK YOUR PCM FOR A REFERRAL

Diagnosed with Pre-diabetes?

The Group Lifestyle Balance (GLB) is a *FREE* Year long intervention program to promote long-term weight loss through



physical activity and goal setting. There are also weekly MiCare messages or phone calls from prevention coaches.

The GLB group sessions are 12 weeks on DVD/CD ROM and Group sessions meet at monthly time periods located at the Diabetes Center of Excellence (6th floor) at Wilford Hall Ambulatory Surgical Center.



PRE - DIABETES Prevention Classes

Please call:

210-292-2842

Or 210-292-4701

Diabetes Center of Excellence
Telephone:
210-292-2000

WHASC

Wilford Hall Ambulatory Surgical Center
2200 Bergquist Dr.,
6th floor



JBSA LAFB Lifestyle Balance Program

HOW WE CAN HELP.....

This program supports small changes in lifestyle such as healthy eating and increased physical activity, aimed at lowering the chances of developing type 2 diabetes.

Provides....

- [Prevention Coaches](#) for guidance throughout the one year program
- [Tracking tools](#) of body measurements and goals done during in class sessions
- Guidance in learning [how to read labels](#), how to [shop for food](#) at the store, and what type of [physical activities](#) can help
- How to utilize tools in the kitchen, gym/outside or social activities
- Guidance for getting [back on track](#) through key factors of your lifestyle
- Weekly [MiCare messages](#) or [phone calls](#) from prevention coaches
- [A 12 week program via CD/DVD ROM](#) meets for [1 hour sessions](#) about once a month at weeks 1, 5, 9, and 13
- [Located](#) at the *Diabetes Center of Excellence* (6th floor) in [Wilford Hall Ambulatory Surgical Center](#)



GLB Program Syllabus

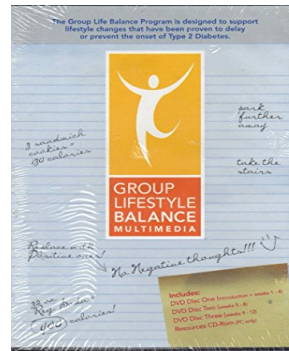
Orientation - covers overview of course and course requirements. Patients gain insight as to how the program runs and patients choose their start date.

Class 1 - Participants are introduced to the program and briefly cover their first 4 weekly lessons that they will follow before class 2.

Class 2 - Commissary tour led by a licenced dietician. Participants walk through the commissary with the dietician learning and asking questions concerning a healthy diet.

Class 3 - Led by the exercise physiologist in a gym setting, participants learn how to set up a basic program covering cardiovascular and strength training programs.

Class 4 - Participants are given a chance to review previous lessons and cover behavioral health strategies for staying consistent and are set up for the post core specialty classes for ongoing support.



Upon finishing the first initial 12 weeks, participants move to the specialty classes where they participate in 1 topic per month for the next 9 months.
Topics include:

1. Prepping for Long-Term Self Management
2. More Volume, Fewer Calories
3. Stress and Time Management
4. Balance Your Thoughts for Long-Term Self Management
5. Heart Health
6. Strengthen Your Exercise Program
7. The Truth about Flexibility
8. Mindful Eating
9. Standing up for Your Health
10. Looking back and Looking Forward



How to contact us....

POC- GLB Preventionist

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