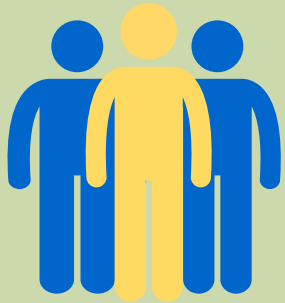


# Long-Haul Truck Drivers:

## Put the Brakes on Diabetes

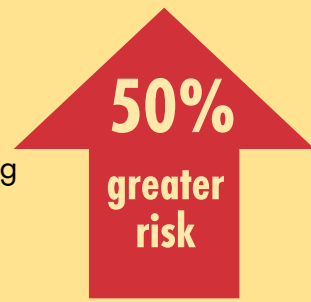


**1 in 3 long-haul truck drivers are at risk for prediabetes**

**Prediabetes increases the risk for developing type 2 diabetes**

Truck drivers have a 50% greater risk of developing type 2 diabetes than the national average.\*

\*CDC



### Why avoid type 2 diabetes

Type 2 diabetes places you at higher risk for



Vision problems



Stroke



Heart attack



Kidney disease

Type 2 diabetes can disqualify you from receiving your commercial driver's license (CDL)



### You might be at risk for prediabetes if you are:



Overweight



Age 45+



Have a family history of Type 2 Diabetes



Physically inactive



Smoking

### What you can do to prevent type 2 diabetes

#### Enroll in the National Diabetes Prevention Program

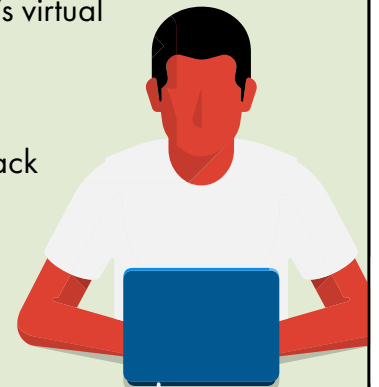
The **National Diabetes Prevention Program** is a public-private initiative to offer a proven, cost effective program in communities across the United States to prevent type 2 diabetes. To find a program near you visit the CDC National Registry at [https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx)

#### How you can take action on the road

The **American Association of Diabetes Educators** and **Healthy Trucking Association of America** are now offering Omada's virtual lifestyle change program to long-haul drivers.

#### Participants will receive:

- A professional health coach to keep you on track
- A wireless scale to monitor your progress
- An interactive program that adapts to you
- Weekly online lessons to educate and inspire
- A small group of participants for real-time support



Find out if you're eligible for this program at [www.omadahealth.com/htaa](http://www.omadahealth.com/htaa)