

# NATIONAL DIABETES PREVENTION PROGRAM

## SELF PAY INFORMATION FOR PROVIDER AND CLIENT

CSU's Kendall Reagan Nutrition Center is proud to continually offer the National Diabetes Prevention Program with successful outcomes.

Our participants find it helpful in **losing weight, lowering their HbA1c, and finding support and education** through the weekly, then monthly, meetings!

If you do not have Anthem BCBS insurance, you can pay directly.

### SELF-PAYMENT IS WELCOME AND EASY!

#### Cost

- \$330 payable at registration, before class 1
- or*
- 3 payments of \$120 each, due before classes 1, 10, and 16

#### Includes

- 16 weekly sessions followed by 6 monthly sessions
  - ★ This is just \$15/session with a registered dietitian / trained lifestyle coach
- Printed materials
- Measurement of weight and BMI calculation at each session
- Exciting activities such as a cooking class and grocery store tour

Visit our website at [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu) for more information and online payment options.

Kendall Reagan Nutrition Center  
Colorado State University  
Phone: (970) 491-8615  
Fax: (970) 491-8867  
Email: [nutritioncenter@colostate.edu](mailto:nutritioncenter@colostate.edu)

