



Lifestyle Prescription

Your Physician or Primary Care Provider has referred you to participate in our program for:

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> Type 2 Diabetes | <input type="checkbox"/> Metabolic Syndrome | <input type="checkbox"/> Other |
| <input type="checkbox"/> Prediabetes | <input type="checkbox"/> Insulin Resistance | |

LifestyleRx programs are covered by your provincial medical insurance and delivered online, by a physician from your province.

Our Program

Once thought of as a chronic, progressive disease that can, at best, be slowed by medications, Type 2 Diabetes is now recognized to be potentially reversible through lifestyle changes.

The 12-Week LifestyleRx program provides a comprehensive, evidence-based strategy for diabetes reversal.

Through our online, interactive educational app, you will learn why Type 2 Diabetes develops and what you can do to reverse it.

Our physicians and dietitians will support you at every step with how to apply the strategy and make sustainable changes through weekly group sessions.

Your program will start with a consultation with one of our Lifestyle Medicine physicians, who will review your medical history and current lab data.

100% Virtual

All group medical sessions and consultations with your team are conducted through video calls. No travel or sitting in waiting rooms is required.

Free with Provincial Health Insurance

Our program is fully covered by your provincial health insurance.

Physician-Led, Safe & Supervised

Lowering your blood sugar can result in some medications being reduced or eliminated. Our physicians work with you to make these changes when needed while keeping your family doctor informed.

LifestyleRx is Different

Our approach asks you to make small, steady changes that you can sustain. Better is more important than perfect.



diabetesreversal.com/rx

HOW TO GET STARTED

- 1 Scan the QR Code or go to diabetesreversal.com/rx to register
- 2 Enter your information, get enrolled in the program, and start learning