



MEDICARE ADVANTAGE PARTNERS AT THE Y

Open enrollment for Medicare Advantage is underway!

The YMCA of Western North Carolina partners to provide wellness benefits for Medicare Advantage plans through FirstMedicare Direct Healthy State and through plans that include Silver&Fit.

Beginning Jan. 1, the Y will also partner with RenewActive by UnitedHealthcare. For Part B subscribers, we'll also work with a Medicare Supplement through AARP's BeWell Program.

Each of these options provides a YMCA membership. Some Medicare Advantage plans/supplement require fees and annual enrollment. Contact an insurance broker for details.

ymcawnc.org
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828 251 5910

REDUCE YOUR DIABETES RISK WITH NEW PREVENTION PROGRAM

Every day nearly 166 adults in North Carolina are diagnosed with diabetes.

African Americans and Hispanic Latinos are about 1.8 times more likely to be diagnosed with diabetes compared to non-Hispanic whites.

The North Carolina Office of Minority Health and Health Disparities wants to reverse this trend. They have issued a grant to provide funding to the YMCA of Western North Carolina and Asheville Buncombe Institute of Parity Achievement (ABIPA) to provide the Minority Diabetes Prevention Program (MDPP) to Buncombe, Henderson, and McDowell County residents.

The Minority Diabetes Prevention Program is a year-long, group-based program that helps people make realistic and achievable lifestyle changes. Research shows that MDPP participants reach 5 to 7 percent weight loss and decrease their risk of developing type 2 diabetes by 58 percent.

What is prediabetes?

Prediabetes is a condition where people have higher than normal blood glucose (sugar) levels, but not yet high enough to be diagnosed as diabetes. It's a precursor of type 2 diabetes and a risk factor for heart disease and stroke.

Without lifestyle changes to improve health, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years. Unlike diabetes, prediabetes



often has no noticeable symptoms. The diagnosis of prediabetes is determined by a blood sugar test given by your doctor. Only 1 out of 10 Americans with prediabetes know they have it.

Reduce your risk

The Minority Diabetes Prevention Program is available to qualifying participants and includes a YMCA household membership. The Y and ABIPA will offer the program at multiple locations and times throughout Buncombe, Henderson, and McDowell Counties.

Led by a trained lifestyle coach, the MDPP addresses healthy eating, physical activity, stress, and other barriers that affect health.

To learn more, please call 828 251 5910.

FIT TIP OF THE MONTH

Many forms of exercise are beneficial for our overall health and well-being, but walking and hiking can be some of the most uplifting and refreshing. They allow us to clear our minds, unplug, and burn calories. As the leaves change color, you'll be able to improve strength and endurance while enjoying magnificent views and cool, crisp weather. So get up and get outside by joining a YMCA hiking group!

Stop by the membership desk at any Y for more information.



FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign.

Go to ymcawnc.org or call 828 251 5910 to learn more.