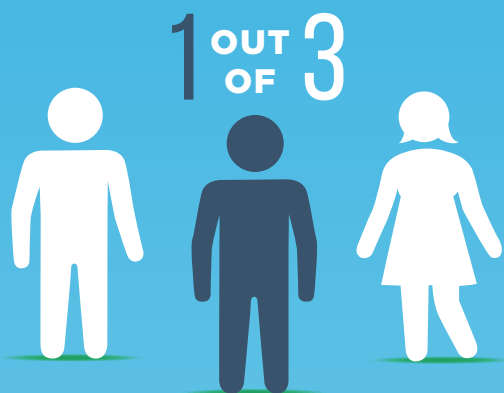


PREDIABETES

what you need
to know



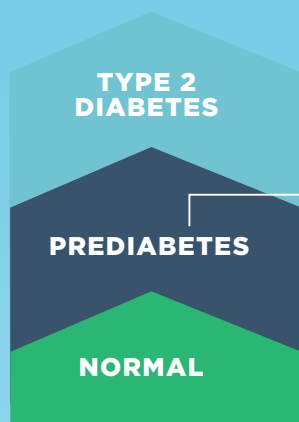
1 OUT OF 3

have prediabetes



9 OUT OF 10

people with prediabetes
don't know they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE

the cost of type 2 diabetes

increases average medical expenses \$16,750 annually
reduces life expectancy by about 10 years



If you have
prediabetes,
losing weight by:



EATING
HEALTHY

&



BEING
MORE
ACTIVE

can cut your risk of
getting type 2 diabetes in

HALF



Take control of your health and speak to your doctor today to create a plan that works best for you!