

Helps Prevent Type 2 Diabetes



Prediabetes affects an estimated **84 million Americans**, but only 1 in 10 know they have it. Without weight loss or routine moderate physical activity, many of them will develop type 2 diabetes, putting them at risk for kidney failure; blindness; heart attack; stroke; or loss of toes, feet, or legs.

Prediabetes may lead to diabetes, but it doesn't have to.

YOU MAY ALREADY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:



Are 45 years or older



Are overweight



Have a parent, brother, or sister with type 2 diabetes



Are physically active fewer than 3 times per week



Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby who weighed more than 9 pounds

African Americans, Hispanic/Latino Americans, American Indians, Alaska Natives, and some Pacific Islanders and Asian Americans are at higher risk.

Joining the can improve your overall health by helping you lose weight, eat better, and be more active.

You'll get:



A program proven to cut your risk of type 2 diabetes in half



A curriculum approved by the Centers for Disease Control and Prevention (CDC)



A trained lifestyle coach



A full year of support with weekly 1-hour sessions for up to 6 months and then monthly sessions for the rest of the year



Support from others like you as you learn new skills for healthy living

IF YOU THINK YOU HAVE PREDIABETES:



Ask your health care provider to test you for prediabetes. Your health care provider may order a simple blood test.



You can also check out the "Could You Have Prediabetes?" online test at www.cdc.gov/prediabetes/takethetest/. If your score shows you are at high risk for prediabetes, talk to your health care provider.

Don't let your benefits go to waste!