

PREDIABETES COULD IT BE YOU?

88 MILLION 88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3

MORE THAN 8 IN 10 adults with prediabetes don't know they have it

With prediabetes, your blood sugar levels are 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

If you have prediabetes, losing weight by:

- EATING HEALTHY
- BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in **HALF**

If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:

- BLINDNESS
- KIDNEY FAILURE
- HEART DISEASE
- STROKE
- LOSS OF TOES, FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES — See your doctor to get your blood sugar tested

- eat healthy
- be more active
- lose weight

JOIN A CDC-RECOGNIZED diabetes prevention program

LEARN MORE FROM CDC AND TAKE THE PREDIABETES RISK TEST AT www.cdc.gov/diabetes/basics/prediabetes.html

REFERENCE
Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services, 2020.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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Medicare Diabetes Prevention Program- Offered at Prevo Wellness

During this 12-month, CDC-recognized diabetes prevention program, you will:

- Potentially reduce your risk for developing type 2 diabetes.
- Receive support from your instructor, a trained lifestyle coach
- Connect with others working on similar goals as you.
- Develop strategies for healthy eating and physical activity.
- Learn ways to manage stress.

These classes will meet for one hour weekly for the first 8 weeks, twice monthly for the second 8 weeks, then once monthly thereafter.

Eligible beneficiaries are those who:

- Are enrolled in Medicare Part B
- Have a body mass index (BMI) of at least 25, or at least 23 if self-identified as Asian
- Meet 1 of the following 3 blood test requirements:
 - A hemoglobin A1c test with a value between 5.7 and 6.4%
 - A fasting plasma glucose of 110-125 mg/dL, or
 - A 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test)
- Have no previous diagnosis of type 1 or type 2 diabetes (other than gestational diabetes)
- Do not have end-stage renal disease (ESRD)

For more information or if you need help determining your eligibility, please contact us:

Phone: (336) 625-4311

Email: admin@prevodrug.com

To learn more about prediabetes, visit: diabetesfreenc.com