

# Prevent Diabetes



1 in 3 American adults has prediabetes  
– 86 million people!



9 out of 10 don't know they have it\*

## What is prediabetes?

Prediabetes means that a person's blood sugar (glucose) level is higher than normal but not yet high enough to be type 2 diabetes. Diabetes has no cure, but prediabetes can be reversed. If you are at risk for developing diabetes, you can do something about it.

## Factors that put you at risk

- Obesity or overweight
- Inactive lifestyle
- Higher than normal blood glucose levels, but not high enough to be diabetes
- Age, 45 years and older
- Family history
- History of diabetes during pregnancy

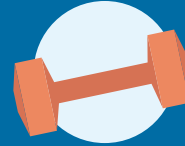
\*Source: American Diabetes Association

## Three key lifestyle changes to make now

Lifestyle changes can help many people with prediabetes delay or prevent it from becoming diabetes. They involve:



Weight Control



Physical Activity



Healthy Eating

## Two programs to help you

Highmark health coverage includes a choice of two diabetes prevention programs. They are specially designed to help you make lifestyle changes that can turn your health around. Both programs are comprehensive, recognized by the Centers for Disease Control and Prevention (CDC), and available at no cost to you, if you meet the criteria. **Choose the option that works best for you:**

### In-person program

at participating YMCA locations



or

Online program  
through Retrofit<sup>SM</sup>



## Get started today!

To learn more about these program options and see if you meet the program requirements, log in to your member website at [highmarkblueshield.com](http://highmarkblueshield.com).

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