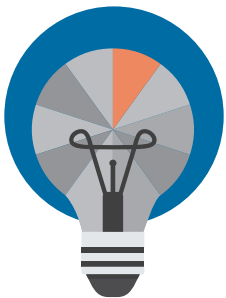


Prevent Diabetes



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

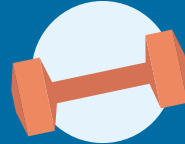
*Source: American Diabetes Association

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 RetrofitSM



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 highmarkbcbs.com.

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。