



Do You Have Prediabetes?

GLUCOSE CHECK

The number of Americans diagnosed with Type 2 diabetes and prediabetes is increasing at an alarming rate.

One in Three Americans Has Prediabetes.

Are you or someone you love one of them?

Prediabetes is a condition in which blood glucose or hemoglobin A1C levels (reflects average glucose over three months) are higher than normal, but not yet high enough to diagnose diabetes.

Why it Matters:

Within five years, 15-30% of those with prediabetes develop Type 2 diabetes with a higher risk of heart disease, stroke and other health problems.

The GOOD NEWS:

Prediabetes can be **reversed** in most cases with simple lifestyle changes. Losing 5-7% of your body weight can prevent or delay the onset of diabetes.

Take Action:

- Assess your risk with a simple quiz at DoIHavePrediabetes.org
- Visit your primary care provider (PCP) for a prediabetes blood test
- Take the next steps advised by your PCP
- Learn more at wspath.org and DoIHavePrediabetes.org

Adapted from www.DoIHavePrediabetes.org



Do You Have Prediabetes?

GLUCOSE CHECK

The number of Americans diagnosed with Type 2 diabetes and prediabetes is increasing at an alarming rate.

One in Three Americans Has Prediabetes.

Are you or someone you love one of them?

Prediabetes is a condition in which blood glucose or hemoglobin A1C levels (reflects average glucose over three months) are higher than normal, but not yet high enough to diagnose diabetes.

Why it Matters:

Within five years, 15-30% of those with prediabetes develop Type 2 diabetes with a higher risk of heart disease, stroke and other health problems.

The GOOD NEWS:

Prediabetes can be **reversed** in most cases with simple lifestyle changes. Losing 5-7% of your body weight can prevent or delay the onset of diabetes.

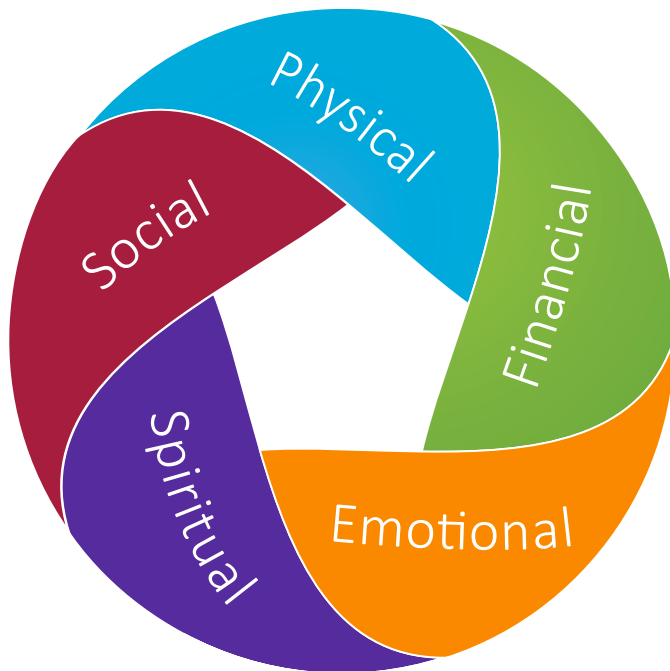
Take Action:

- Assess your risk with a simple quiz at DoIHavePrediabetes.org
- Visit your primary care provider (PCP) for a prediabetes blood test
- Take the next steps advised by your PCP
- Learn more at wspath.org and DoIHavePrediabetes.org

Adapted from www.DoIHavePrediabetes.org

DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



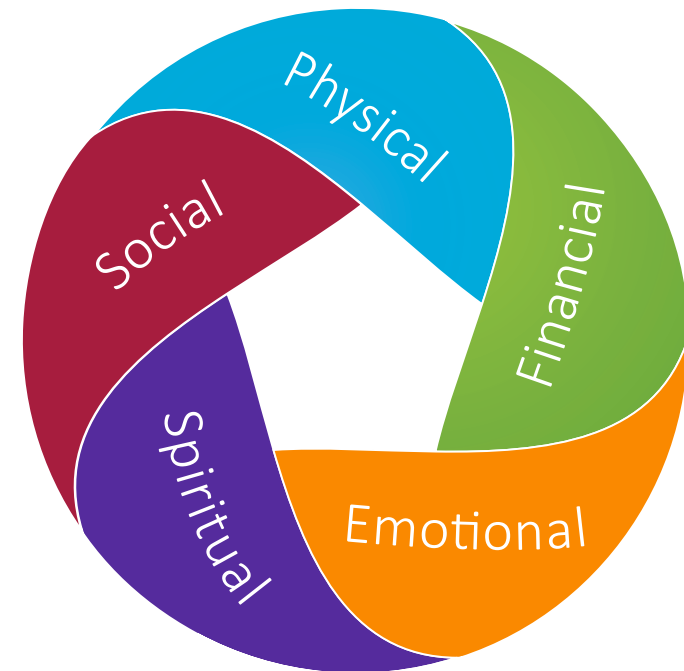
Find more health and well-being information at
wspath.org/benefits.

Provided by Wespeth Benefits and Investments

Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.

DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



Find more health and well-being information at
wspath.org/benefits.

Provided by Wespeth Benefits and Investments

Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.