

DIABETES PREVENTION PROGRAM

PREDIABETES - *Could it be you?*

Program Includes:

- Personalized meal plans
- Solutions on how to eat healthy, be active and develop health habits to prevent diabetes
- Benefits of blood sugar monitoring

No cost to patients!

98
Million

About 98 million American adults - *more than 1 in 3* - have prediabetes



More than 8 in 10 adults with prediabetes don't know they have it

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Prediabetes Risks



Type 2 diabetes



Heart disease



Stroke

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Blood Sugar

Normal

Prediabetes

Type 2 diabetes

With prediabetes, your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes