

Preventing pre-diabetes
is an important first step



Stop diabetes in its tracks

Before people develop type 2 diabetes, they almost always have pre-diabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. More than 54 million people in the United States have this condition.

If you have pre-diabetes, you can prevent the development of diabetes by:

- Step 1** Engaging in just 30 minutes of daily moderate physical activity
- Step 2** Making healthy food choices
- Step 3** Reducing your body weight by five to 10 percent



Take a step in the right direction and get pre-diabetes under control. Visit the Personal Health Manager available through Blue Access® for Members and find online tracking logs for physical activity, daily food choices and weight management.



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Source: American Diabetes Association

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