Don't let diabetes disrupt your routine

Just like your go-to coffee spot never misses a beat, your health shouldn't either. After age 35, your chances of developing diabetes increase – so make preventive care part of your regular order. By staying proactive, you can catch health issues early, safeguard your well-being and keep savoring all your favorite moments.

Menu

Know your health blend
Your health is shaped by a mix of age, weight, family history and lifestyle.

Customize your well-being
Your care team can help you craft the best plan for your health.

Make preventive care a routine
Regular checkups catch issues early when they're easiest to address.

Savor every sip with confidence
Staying current with preventive screenings means fewer surprises.

Screenings Help -a- Latte

ND

Keep brewing up good health

Staying on top of your health is like sticking with your favorite coffee order – you never want to skip a day. Preventive screenings serve up the inside scoop, helping spot diabetes and related issues early, when they're easiest to manage. Starting at age 35, these check-ins become even more important to keep your story moving in the right direction.

C'mon in! Your well-being awaits.

Blood glucose/A1C
- Begin at age 35 and repeat every 3 years if normal
- Screen earlier and more often if overweight or with risk factors

Blood pressure
- Check at least once a year
- Monitor your blood pressure to maintain less than 140/90

Cholesterol
- Start at age 45 (earlier if risk factors)

Other screenings
- Eye and kidney exams if you have diabetes
- Colorectal cancer screening begins at age 45
- Tobacco use screening and support to quit
- Review weight management at every check up

Life doesn't pause. Keep brewing up good health to stay ready for what comes next.