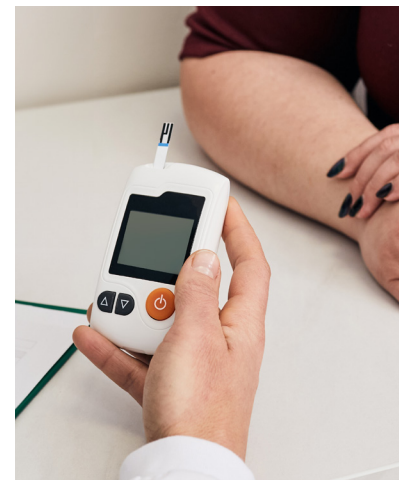


YOU DON'T HAVE TO DEVELOP TYPE 2 DIABETES



Think of three American adults. Odds are, at least one of them has prediabetes. Left untreated, prediabetes can become Type 2 diabetes and puts you at higher risk for heart attacks and strokes. 96 million American adults have prediabetes right now, and most don't know they have it. As scary as it is, you could be one of them.



PREDIABETES

What Is It:

- Prediabetes is when your blood sugar levels are higher than normal, but under the limit for diabetes
- There are often no noticeable symptoms
- Prediabetes is determined by a simple blood test by your doctor

Who Is At Risk:

There are certain factors that may put you at a higher risk for prediabetes and Type 2 diabetes.

- Overweight
- Older than 44
- Not physically active
- Family history of Type 2 diabetes
- Developed gestational diabetes during pregnancy
- Specific ethnicities

But, remember: ANYONE CAN DEVELOP PREDIABETES.



BCBSND.com



Physical activity at least three times a week can **help prevent diabetes**

I HAVE PREDIABETES. WHAT NOW?

Having prediabetes does not guarantee you will develop Type 2 diabetes. These few simple changes can stop diabetes in its tracks and lead you to a much healthier life:

- 1. Sign Up for a Diabetes Prevention Program.** Your Blue Cross Blue Shield of North Dakota (BCBSND) group plan includes access to a no-cost, CDC-recognized prevention program through Omada Health. Boost your chances of success with support, education and personalized recommendations.
- 2. Eat Healthy.** Choose lean proteins, vegetables, fruit and whole grains over processed food and added sugars.
- 3. Get Sweating.** Be physically active at least three times a week for at least 30 minutes. The more, the better.
- 4. Take Off the Extra Weight.** Talk to your doctor about how to lose weight safely.
- 5. Quit Nicotine.** Stop smoking, vaping or dipping. You know it's bad for you, and potential diabetes is another reason why.
- 6. Get a Handle on Your Cholesterol and Blood Pressure.** The other lifestyle changes will help with this, but talk with your doctor as well to get these numbers safely down.

Sources: American Diabetes Association, Centers for Disease Control and Prevention, Mayo Clinic

That's it. By making these healthy changes now, you can avoid prediabetes, Type 2 diabetes, heart disease, strokes and more.

You can do it. Make the commitment and take back your health.

To get started with the BCBSND/Omada Health diabetes prevention program, visit Omadahealth.com/bcbsnd.



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and community.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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