



9 out of 10 adults who have prediabetes

don't know they have it

**You could be
one of them.**

Having prediabetes means you are at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.

You could have prediabetes if you:

- Are 40 years of age or older
- Have a BMI that is categorized as overweight or obese
- Have a history of gestational diabetes
- Have a family history of type 2 diabetes
- Have certain medical conditions like high blood pressure
- Have a sedentary lifestyle

The good news is that prediabetes is treatable and you can take steps to lower your risk of type 2 diabetes.

**Get tested for prediabetes — talk with your
doctor today.**

