KNOW YOUR RISK FOR PREDIABETES
GET SCREENED TODAY

African Americans are at higher risk for prediabetes.

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes.

Having prediabetes puts you at higher risk for developing type 2 diabetes, a disease that comes with serious health problems.

That’s why it’s important to know the risk factors.

1 in 3 adults in the United States has prediabetes.

90% of them aren’t aware that they do.

READY TO MAKE HEALTHY CHOICES?

1. LEARN more about prediabetes
2. GET screened
3. ENROLL in the lifestyle change program if you have prediabetes

Contact Us for More Information

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