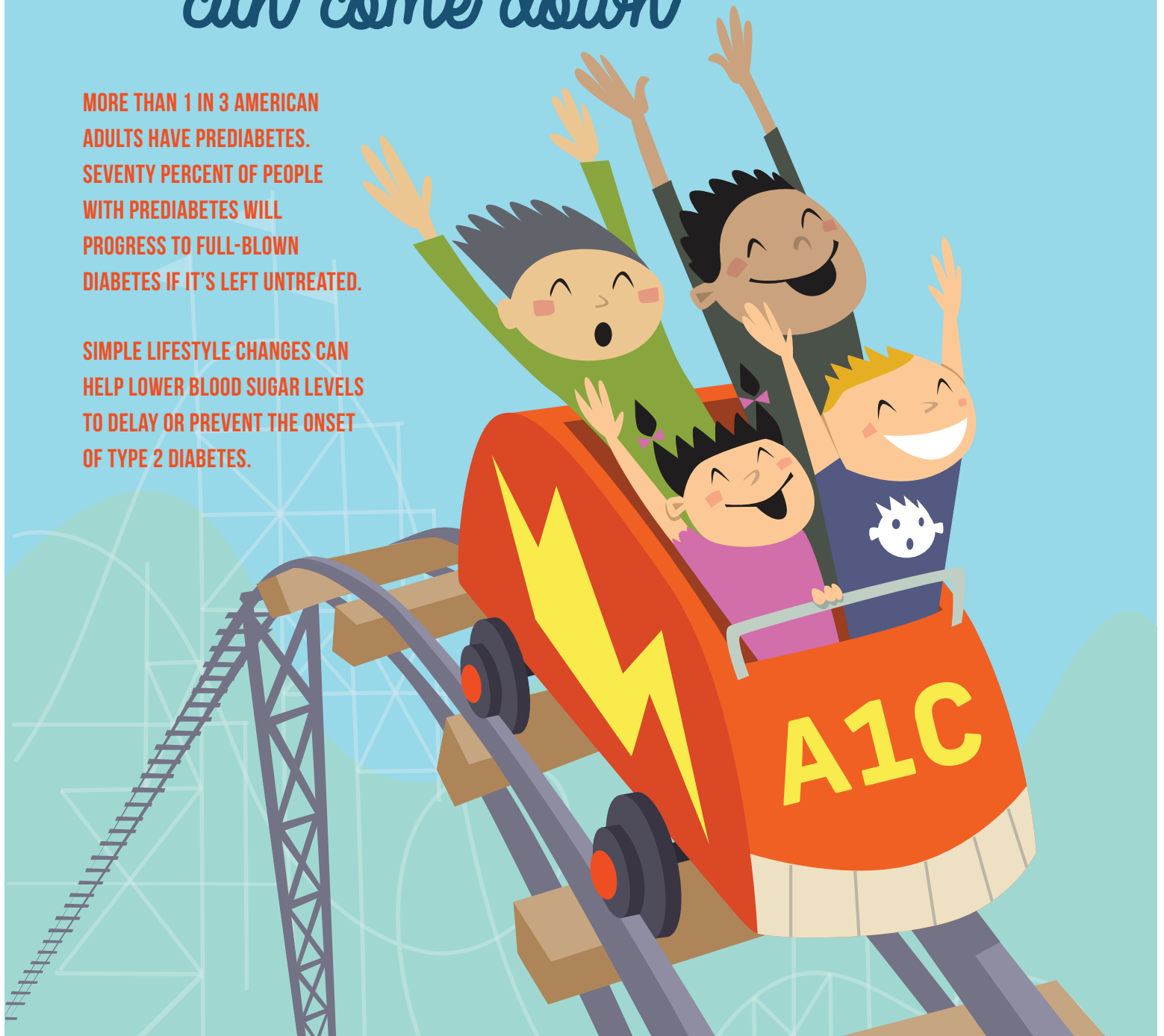


# WHAT GOES UP *can come down*

MORE THAN 1 IN 3 AMERICAN  
ADULTS HAVE PREDIABETES.  
SEVENTY PERCENT OF PEOPLE  
WITH PREDIABETES WILL  
PROGRESS TO FULL-BLOWN  
DIABETES IF IT'S LEFT UNTREATED.

SIMPLE LIFESTYLE CHANGES CAN  
HELP LOWER BLOOD SUGAR LEVELS  
TO DELAY OR PREVENT THE ONSET  
OF TYPE 2 DIABETES.



For additional resources or to find a doctor in your area,  
log in to your [health plan's website](#).



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