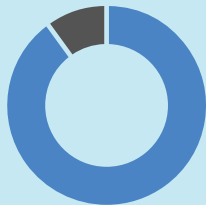


LET'S DROP DIABETES



MORE THAN
1 IN 3
AMERICAN ADULTS
HAVE PREDIABETES.



90%
OF THOSE WITH PREDIABETES
DON'T KNOW THEY HAVE IT.



TYPE 2
DIABETES DEVELOPS
OVER MANY YEARS.



MEDICAL COSTS FOR PEOPLE
WITH DIABETES ARE MORE THAN
TWO TIMES
HIGHER THAN FOR PEOPLE
WITHOUT DIABETES.



FOR THOSE WITH PREDIABETES,
THE CDC RECOMMENDS:

**GET 150 MINUTES OF
PHYSICAL ACTIVITY
A WEEK –**

**THAT'S 30 MINUTES A DAY,
5 DAYS A WEEK.**

**LOSE 5% TO 7% OF YOUR
BODY WEIGHT –
THAT'S 10 TO 14 POUNDS FOR A
200-POUND PERSON.**

Sources:

www.cdc.gov/diabetes/basics/prediabetes.html

www.cdc.gov/diabetes/library/socialmedia/infographics.html

For additional resources or to find a doctor in your area,
log in to your **health plan's website**.



www.paisc.com

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