Millions of Americans are at risk for diabetes. ARE YOU?

Higher than normal blood sugar, or “prediabetes,” affects up to one in three Americans—and many of them don’t know it. Prediabetes makes a person more likely to develop type 2 diabetes within 5 years, and raises the risk of other serious health problems like heart attack and stroke.

PREVENTION IS POSSIBLE
The good news is that in many cases diabetes and other health problems can be delayed or prevented through modest lifestyle changes like eating a healthier diet and increasing physical activity. We can help!

START HERE

1. Talk to your doctor about getting an A1C test to check for prediabetes.

2. Record your A1C level and the date of the test here: A1C level ________________ Date of A1C test ________________

   If your A1C level is between 5.7% and 6.4%, this indicates prediabetes and makes you eligible for the Diabetes Prevention Program.

3. Sign up for the Diabetes Prevention Program at no out-of-pocket cost to you through any of the organizations below. You will need to provide your U-M Premier Care member ID number to register. Learn more at hr.umich.edu/diabetes-prevention.

   **Omada Health** *(online program)*
   go.omadahealth.com/bcnmi | 1-888-409-8687

   **Ann Arbor YMCA**
   annarborymca.org/ydpp | 734-661-8036

   **Diabetes Prevention Center**
   ReadySetPrevent.org | 734-476-7963

   **University of Michigan Division of Metabolism, Endocrinology, & Diabetes (MEND) Outpatient Diabetes Education Program**
   uofmhealth.org/conditions-treatments/diabetes-prevention-program
   734-998-2475 opt. 1