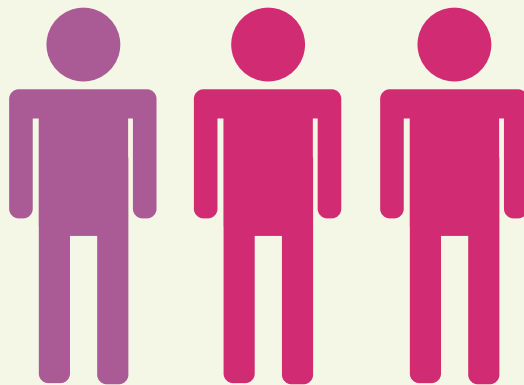
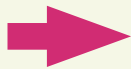
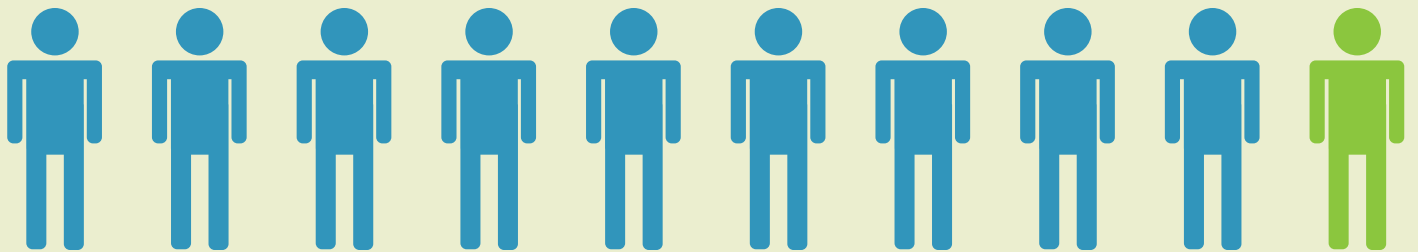


Are you the one in three?

84.1
MILLION



84.1 MILLION
PEOPLE –
MORE THAN
1 OUT OF 3
ADULTS – HAVE
PREDIABETES



9 OUT OF 10 DON'T KNOW THEY HAVE PREDIABETES

RISK

IF YOU HAVE PREDIABETES,
LOSING WEIGHT BY: EATING HEALTHY &
BEING MORE ACTIVE CAN CUT YOUR RISK
OF GETTING TYPE 2 DIABETES IN HALF!

To learn more about prediabetes and diabetes, and to have your blood glucose tested, contact your Activate Health & Wellness Center or other health care provider.