



Could you have prediabetes?

Prediabetes is a condition that can occur before diabetes. Knowing that you have prediabetes may help prevent you from getting diabetes — if you're willing to do some work.

What are the symptoms of prediabetes?

Often, there are no symptoms at all. In fact, 84% of people who have prediabetes, don't even know it.¹

Many people only find out they have pre-diabetes through a routine medical checkup and blood test. This test can show if you have high blood sugar levels that are not quite in the range of diabetes. That's prediabetes. Learning that you have it can be a warning to you.

What can you do if you have prediabetes?

People with prediabetes have a high chance of developing diabetes. You can take proactive steps to help avoid that outcome. Here are some suggestions:

1. Know some of the risk factors you can't change:
 - Family history of diabetes
 - Being over 45 years old
 - Ethnicity¹

2. Know some of the risk factors you can change:

- Obesity
- High cholesterol
- Lack of exercise
- Smoking
- High blood pressure

Your next steps...

Diabetes is a serious disease with side effects that can include heart disease, vision problems and more. You surely want to avoid it if possible.

See your healthcare provider to find out if you're at risk of prediabetes, if you already have it or to help you avoid it.

¹Prediabetes. Cleveland Clinic. Accessed October 2021.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.