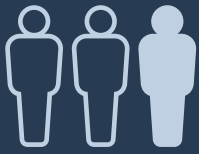


COULD YOU HAVE PREDIABETES?



More than **1 in 3** American adults have prediabetes, and most don't know they have it. Could this be you? Find out if you have prediabetes while waiting for your COVID-19 vaccination.



Having prediabetes means your blood glucose (sugar) levels are higher than normal but not high enough yet for a diagnosis of type 2 diabetes. Having prediabetes raises your risk of type 2 diabetes, heart disease, and stroke.

STEP 1 TAKE THE PREDIABETES RISK TEST



Take the **1-minute prediabetes risk test** today while getting your COVID-19 vaccination by using the QR code or URL below. The sooner you know you have prediabetes, the sooner you can take action to reverse it and prevent or delay type 2 diabetes.

www.cdc.gov/diabetes/risktest



STEP 2 WHAT DOES YOUR SCORE MEAN?

If you scored **5 or higher** on the prediabetes risk test, you likely have prediabetes and are at increased risk for type 2 diabetes.



STEP 3 TALK TO YOUR PHARMACIST

This pharmacy offers the National Diabetes Prevention Program (National DPP) lifestyle change program, which is proven to prevent or delay type 2 diabetes in people who have prediabetes or are at high risk for type 2 diabetes. Share your results with the pharmacist and ask about enrolling in the National DPP lifestyle change program. The best time for prevention is now!

For more information, visit www.cdc.gov/diabetes/prevention



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention