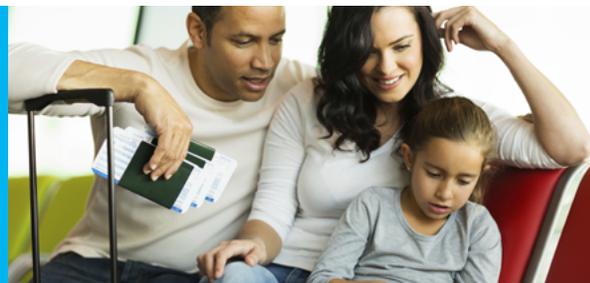


VitaMin



Vital health information in a minute

GET THE FACTS ON PREDIABETES

Having prediabetes means that your blood glucose level is higher than normal, but not quite as high as someone who has diabetes. It's possible to have prediabetes and be completely unaware of it, because there are no obvious signs or symptoms.

Are you at risk?

People who have prediabetes are likely to develop type 2 diabetes within 10 years unless they make healthy lifestyle changes.¹ The sooner you find out, the better chance you'll have to protect your health.

Your doctor may run tests to measure your blood glucose levels to determine if you have prediabetes or diabetes. Ask your doctor if you're concerned about diabetes, or if you have any of the following risks.

- ▶ Being overweight and having extra belly fat
- ▶ Inactive lifestyle
- ▶ Age 45 or older
- ▶ Family history of type 2 diabetes
- ▶ African American, Latino, American Indian or Asian American ethnic origin
- ▶ Gestational diabetes or giving birth to a baby weighing more than 9 pounds
- ▶ Sleep problems such as sleep apnea
- ▶ High blood pressure
- ▶ Low levels of HDL "good" cholesterol and high triglycerides

Control your risk

Having a higher risk for prediabetes doesn't mean you'll end up with type 2 diabetes. You may be able to prevent or even reverse prediabetes by making simple lifestyle changes. Try these steps to help reduce your risk.

- 1. Get more exercise.** Try to get 30 to 60 minutes of physical activity on most days a week.
- 2. Eat right.** Go for foods that are low in fat and calories and high in fiber.
- 3. Lose weight.** If you're overweight, losing 5% to 10% of your body weight may help you delay or avoid getting diabetes altogether.
- 4. Talk with your doctor.** Discuss your risk factors for prediabetes and whether you should be tested. Your doctor can help you decide what lifestyle changes may be right for you.

Source:

1. Mayo Clinic. Prediabetes. <http://www.mayoclinic.org/diseases-conditions/prediabetes/basics/definition/con-20024420> (last reviewed Dec. 17, 2014).



Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.