



ARE YOU AT RISK FOR TYPE 2 DIABETES?!

84 MILLION AMERICANS HAVE PRE-DIABETES, but less than 10% are aware they have it. There are no symptoms, but If your A1C is between 5.7 and 6.4 you may have pre-diabetes. Small lifestyle changes like eating healthier, becoming a little more active, and losing a few pounds, can significantly improve your odds of NOT getting diabetes! But, these changes aren't always easy – and we would like to help with that!

If your A1C is 5.7 – 6.4 and you have a BMI of 25 or above, then you are invited to participate in a **BRAND NEW PREVENT DIABETES PROGRAM**. Besides putting the brakes on diabetes, you can **earn up to \$300 in Health Bucks!** You dig it!?

ENROLL BY MAY 3RD
**Contact Florey to get into the groove of
preventing type 2 diabetes!**

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