

Screening for prediabetes and diabetes is essential for addressing the diabetes epidemic in America.

You may be eligible for a simple, fast and **free** screening if you are:

Age **40 to 70 years** old, and are overweight or obese.

or

Have **1 or more** of these characteristics (regardless of age or weight):



Overweight or obese



A history of gestational diabetes or polycystic ovarian syndrome



Family history of diabetes



African American, Hispanic/Latino, American Indian, or Asian American or Pacific Islander

Through screening, we can identify...

Prediabetes

Diabetes

Knowing is better, so that you can...

Be referred to diabetes **prevention** programs

Begin diabetes **treatment** with your health care provider

Lose weight

Eat healthier foods

Increase your physical activity



Manage your diabetes

Prevent complications

Lead a healthy life



If you think you are at risk, talk to your health care provider about being screened.

Private health plans are required to cover diabetes screening and prevention programs at no cost beginning January 2017.

www.diabetesadvocacyalliance.org/screening



Millions of Americans have diabetes and prediabetes and don't even know it.

Nearly **86 million** Americans have **prediabetes**.

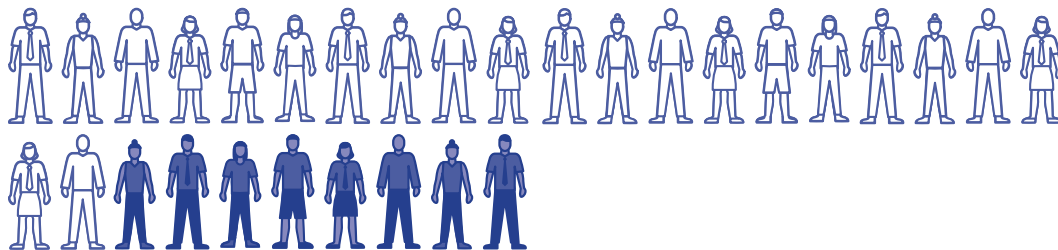


Each figure represents **1 million** Americans



Over **75 million** of them **do not know it**.

Nearly **30 million** Americans have **diabetes**.



8 million of them are **undiagnosed**.

For more information:

Prevent
Diabetes
STAT

www.ama-assn.org/sub/prevent-diabetes-stat/
(American Medical Association,
Centers for Disease Control and Prevention)

**SO...DO I HAVE
PREDIABETES?**

www.doihaveprediabetes.org
(Advertising Council, American Diabetes
Association, American Medical Association,
Centers for Disease Control and Prevention)

**Ask.
Screen.
Know.**

www.askscreenknow.com
(Novo Nordisk)

Sources: Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Sui AL, on behalf of the U.S. Preventive Services Task Force. Screening for abnormal blood glucose and type 2 diabetes mellitus: U.S. preventive services task force recommendation statement. *Ann Intern Med* 2015; 163(11):861-868.